



UNIWERSYTET
PEDAGOGICZNY
IM. KOMISJI EDUKACJI
NARODOWEJ W KRAKOWIE



UiA University
of Agder



Pädagogische
Hochschule Weingarten

ValiDE Travel Book 2023

*Information and documentation of the
three weeks student exchange program*



STIFTUNG
WELTETHOS



ProHARMONIA
Centrum Edukacji



ARKIVET

Impressum

Project consortium:

- (1) Pädagogische Hochschule Weingarten, Weingarten/ Germany
- (2) Universitetet i Agder, Kristiansand/ Norway
- (3) Uniwersytet Pedagogiczny im. Komisji Edukacji Narodowej w Krakowie, Krakow/ Poland
- (4) Stiftung Weltethos, Tübingen/ Germany
- (5) Centrum Edukacji ProHarmonia, Kielce/ Poland
- (6) ARKIVET Peace and Human Rights Centre, Kristiansand/ Norway

Contact:

(1) Coordinator:

Prof. Dr. Stefanie Schnebel
schnebel@ph-weingarten.de

Partners:

(2) Ass. Prof. Dr. Kristin Endresen-Maharaj
kristin.endresen@uia.no

(3) Prof. dr hab. Nataliia Demeshkant
nataliia.demeshkant@up.krakow.pl

(4) Julia Willke M.A.
willke@weltethos.org

(5) Patrycja Bartosiewicz-Kosiba
patrycja.bartosiewicz@proharmonia.org

(6) Georg Kristoffer Berg Fjalsett
gkf@arkivet.no



Co-funded by
the European Union

The creation of these resources has been (partially) funded by the ERASMUS+ grant program of the European Union under grant no. 2021-1-DE01-KA220-HED-000032247.

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Values in democracy education (ValiDE)

enhancing competencies and beliefs of teacher students through a joint study program

ValiDE project information

A Cooperation Partnership of three universities and three non-governmental organizations from Germany, Poland and Norway is setting up a teacher student exchange to implement values education for democratic culture at primary schools.

Project duration:

01.02.2022 - 31.01.2025

Funding:

Erasmus+ Cooperation Partnerships

Grant no:

2021-1-DE01-KA220-HED000032247



Project consortium



<https://www.ph-weingarten.de/>



<https://www.up.krakow.pl/>



<https://www.uia.no/en>



<https://www.weltethos.org/>



<https://proharmonia.org/>



<https://arkivet.no/en/education>

The idea of ValiDE

Democracy education and the civil society need close linkage to create active and reflective democratic citizens. Addressing the need to strengthen democracy education in primary schools on the level of initial teacher education we obtain outcomes on several dimensions.

Exchange promotes common values

Aiming at competencies and beliefs for democratic values in initial teacher education, universities and non-governmental organizations from three countries are joining forces. This collaboration intends to link these organizations in their different views and thus produce mutual enrichment.

Long lasting trans-national partnership

- Ongoing partnership between the universities on staff as well as student level and the organisations of civic engagement.
- Schools making use of the organisations' educational programs.

Objectives

- Joint study and exchange program with lectures and collaborative tasks
- Curricula analysis
- Empirical study on development of competencies
- Elaborated and published study program
- Concepts and materials

Trans-national student collaboration

- Design of an exchange program, comprising high quality formal and informal learning activities
- Lasting future opportunity of intercultural project learning on the topic of democracy and values education year by year

“ValiDE Handbook” as OER content

- Availability of the full project concept, worked out in theory and practice, as a handbook for institutions of teacher education, primary teacher further education
- Integration of the student work output in for direct use in primary schools
- Comprising theory, evaluated learning activities on staff level, curriculum for a university seminar, exchange course learning activities, learning material for teacher students, descriptions for teachers, lessons, (practically tested) activities, material for use in primary schools, material for awareness, self-reflection and intercultural communication

Research on values education

- Analysis of the existing curricula
- Exploration of changes in beliefs, attitudes and competences to be expected from the course intervention
- Empirical evidence concerning the differing values concepts in teacher students
- Publications in peer-reviewed journals

Effect on primary schools

- Former students who took advantage of the program will be teaching at primary schools and distribute their competences on school staff level
- Value orientation enhances the practice of participation in primary schools
- Helps to establish better democratic school culture

ValiDE-Checklist for the three-weeks exchange program

Personal checklist, guidelines and travel information

- **Personal checklist**
- **Travel guidelines**
- **Travel information**

Personal Checklist

To be well prepared, take a look at this personal checklist.
(more details see the next pages)

1. Check travel documents
2. Check your medical insurance and the travel insurance
3. Check travel guidelines
4. Prepare needed study equipment
5. Prepare for delayed luggage
6. Cash payment and payment with card
7. Cups, towels, warm clothes etc.
8. Prices in other countries and personal budget tips

Personal checklist (*more details*)

1. Check travel documents

You will travel in three different countries with different travel requirements. Which travel documents you need depends on a couple of factors (your country of residence, your nationality, your country of departure/transfer/destination). First check the **document type** you need to travel and whether you need a passport or visa, or other travel documents. Please check the **validity of your documents**, too.

2. Check your medical insurance and the travel insurance

Check your **medical insurance** for insurance cover abroad over this period. We also recommend to carry with you a **set of medicines you might need** during your travels. Especially in Norway prices for prescription-free medication are significantly higher than in other European countries. Please check the **travel insurance** before starting the trip.

3. Check travel guidelines

You will travel by bus, train and flight. For the flight, remember the maximum amount of liquids in your hand luggage and the 1-litre plastic zip-bag, with each container carrying maximum 100ml. As **different means of transport are used one after the other**, please note that, for example, different dimensions and maximum weights apply to your luggage on the FlixBus than on the flights with the different airlines.

4. Prepare needed study equipment

You will have to take a **notebook or tablet** to work with you. For the work on the teaching/learning materials and the evaluations, taking a smartphone as equipment is not enough. **Notebooks need to be carried in your hand/cabin luggage**. Airlines do not allow notebooks in hold (checked-in) luggage! Also remember to bring **charging cables** and **other writing utensils**.

Personal checklist (*more details*)

5. Prepare for delayed luggage

Try to carry one set of clothes, toothbrush, etc. with you in your hand luggage, to be prepared for the first day in another country, even if your luggage will follow you with a one-day delay. (*The time between flights should be long enough for the luggage to arrive on time.*)

6. Cash payment and payment with card

Especially in Germany (and sometimes in Poland) **you may need some cash** (for example for the bus, for taxis or in bakeries). When paying by card, use the **price in local currency** to avoid higher costs.

7. Cups, towels, warm clothes etc.

You will stay in student residences, youth hostels and comparable accommodation. You will need towels for the youth hostel, so remember to pack some! In September/October it can be warm and also cold (depending on the region) - be prepared for all kinds of weather!

In Kielce (Poland), the residence you are staying in has a communal kitchen. The ProHarmonia colleagues will provide you with dishes to cook. Please pack **cups, plates and cutlery in your checked luggage** as far as possible. Alternatively, plastic crockery must be purchased locally.

8. Prices in other countries and personal budget tips

Norway is expensive. Tip: Prepare for the days in Norway with snacks etc. already in Poland and, if possible, bring "long-life" food with you that you are allowed to transport by plane.(-> take a look at the part "Norwegian customs").

Shared meals, cooking or barbecuing/picknicking together at the local students' residences, social institutions or similar, reduce personal costs for food. Also ordering party pizzas instead of going to restaurants.

Travel Guidelines (overview)

To be well prepared, take a look at the travel guidelines. Choose your suitcases, backpacks,... sensibly on the basis of the information provided by the transport companies.

The following transport companies will be used for the ValiDE student exchange program 2023:

- Norwegian Air Shuttle (<https://www.norwegian.com>) --> only UiA students
- KLM Royal Dutch Airlines (<https://www.klm.de/en>)
- FlixBus (<https://www.flixbus.no>, <https://www.flixbus.de> or <https://www.flixbus.pl>)
- Local bus or train companies

(more details see the next pages - as an overview)

*For organizational questions contact Marion Susanne Visotschnig
(marion.visotschnig@ph-weingarten.de)*

A copy of your tickets will be uploaded on MS Teams

If for any reason you are unable to take part at the exchange program or have to cancel it, please contact Ms. Visotschnig and the contact persons at your university immediately.

Travel Guidelines

The FlixBus logo consists of the word "FLIXBUS" in white, uppercase, sans-serif font, centered within a solid green rectangular background.

Travel with FlixBus

- be at the bus station 15 minutes earlier
- take a valid identification card or passport with you
- be sure your luggage matches the conditions of FlixBus. Check here: <https://global.flixbus.com/service>

Luggage

Cabine Luggage / Hand baggage

7 kg - 42 x 30 x 18cm

Check-In Luggage

20 kg - 80 x 50 x 30cm

To be well prepared, take a look at this personal checklist ranging from luggage options to the local weather forecast.

Documents

When traveling internationally, you must always carry a valid ID with you to cross the border. Without a valid ID FlixBus refuses the entry.

Travel by train (e.g. Deutsche Bahn)

- be at the train station 15 minutes earlier
- take a valid identification card or passport with you



Luggage

There are no specific conditions for the luggage when you are travelling by train. You can take laptops, backpacks, suitcases and any kind of bags with you for free. No measurements are needed.

Travel Guidelines

norwegian



Travel by plane

- be at the airport at least two hours earlier
- take a valid identification card or passport with you
- be sure the luggage matches the conditions of the flight

Luggage (*Limits for your baggage*)

Cabine Luggage / Hand baggage

8 kg - further information see website of the airlines

You are also allowed to bring an accessory (such as a laptop bag or small handbag).

Checked Luggage / Checked baggage

23 kg - size see website of the airlines

Notebooks/laptops, tablets, etc. are not allowed in the checked baggage!

For more information on the baggage:

- **Norwegian Air** (<https://www.norwegian.com/en/travel-info/baggage/>)
- **KLM Royal Dutch Airlines**
(<https://www.klm.de/en/information/baggage>)

General information: *As there are often problems with the luggage, pack the most important washing utensils, toothbrush and a change of underwear and socks in your hand luggage.*

Information for the Norwegian students: *When you travel home, you only have a short transfer time between your flights. Because of that, it is possible, that your checked baggage will “arrive” a day later than you in Kristiansand.*

Documents

When traveling internationally, you must always carry a valid ID with you to cross the border.

Travel information (overview)

1st Week Poland

- 1st stop: **Kielce**, Workshop with ProHarmonia in Museum for Intercultural Dialogue (Muzeum Dialogu Kultur)
- 2nd stop: **Krakow**, Workshop at Pedagogical University of Krakow (incl. school visit and Schindler-Museum)

2nd Week Norway

- 3rd stop: **Kristiansand**, Workshop at University of Agder, Campus Kristiansand (incl. school visit)
- excursion: school visit in **Høvåg**
- 4th stop: **Kristiansand**, Workshop at ARKIVET

3rd Week Germany

- 5th stop: **Ravensburg & Weingarten**; Workshop at University of Education Weingarten (incl. religious sites)
- 6th stop: **Tübingen**, Workshop with Global Ethic Foundation in Youth Hostel Tübingen (incl. school visit)

More information see the next pages.

Travel information (1) - Transfer to Kielce (Poland)

Trip 1.1: Friedrichshafen - Kielce (UEW students)

Friday, 15.09.23 - FlixBus

20:10 ○ Friedrichshafen Stadtbf ⓘ
10 Zwischenhalte ▾

13:55 ● **Warschau (West)** ⓘ

📶 Kostenloses WLAN ⚡ Steckdosen

📅 Nächster Tag: Sa., 16 Sept.

🕒 Umsteigezeit: 1 Std. 55 Min.

15:50 ○ Warschau (West)
1 Zwischenhalt ▾

18:35 ● **Kielce, dworzec autobusowy** ⓘ

📶 Kostenloses WLAN ⚡ Steckdosen

📅 Ankunft am Sa., 16 Sept.

Trip 1.2: Kristiansand - Kielce (UIA students)

Saturday, 16.09.23 - Norwegian Air Shuttle & FlixBus

- Norwegian Air Charter: DY 0271 Kristiansand – Oslo; **08:05 - 08:55**
- Norwegian Air Charter: DY1018 Oslo – Warsaw; **12:10 - 14:00**
- FlixBus: Warsaw - Kielce

Odjazd z
Port Lotniczy Warsza...

Przyjazd do
Kielce, dworzec autob...

16:55 ○ Port Lotniczy Warszawa-Okęcie ⓘ

19:15 ● **Kielce, dworzec autobusowy** ⓘ

📶 Darmowe Wi-Fi ⚡ Gniazdzka elektryczne

Trip 1.3: Krakow - Kielce (PUK students)

Saturday, 16.09.23 - FlixBus? Train? ...? Green Travel!

Travel information (2) - Transfer to Krakow (Poland)

Trip 2: Kielce - Krakow (all students)

Tuesday, 19.09.23 - FlixBus or train

- option 1 - FlixBus 08:25 Kielce - 10:15 Krakow
- option 2 - FlixBus 11:00 Kielce - 12:45 Krakow
- option 3 - train IC 09:42 Kielce - 11:13 Krakow
- option 4 - regio train 10:42 Kielce - 12:48 Krakow

Travel information (3) - Transfer to Kristiansand (Norway)

Trip 3: Krakow - Kristiansand (all students)

Saturday, 23.09.23 - bus, KLM & taxi

- bus from Hostel Krakowiak to airport Krakow
- KLM ROYAL DUTCH AIRLINES KL 1996: Krakow – Amsterdam; 16:50 – 18:45
- KLM ROYAL DUTCH AIRLINES KL 1211: Amsterdam – Kristiansand; 21:35 – 23:00
- maxibus or maxitaxis from airport to accommodation

Travel information (4) - Transfer from Kristiansand to Høvåg and return (school visit Norway)

Trip 4: Kristiansand - Høvåg - Kristiansand (all students)

Tuesday, 26.09.23 - bus

- bus from Kristiansand to Høvåg and return --> more information at UIA

Travel information (5) - Transfer to Ravensburg (Germany)

Trip 5: Kristiansand - Ravensburg

Sunday, 01.10.23 bus, KLM, Deutsche Bahn, walk

- bus from Hotel Citybox Lite to airport Kristiansand
- KLM ROYAL DUTCH AIRLINES KL 1208: Kristiansand - Amsterdam; 11:35 – 13:10
- KLM ROYAL DUTCH AIRLINES KL KL 1875: Amsterdam – Stuttgart; 16:25 – 17:40
- **train (Deutsche Bahn) to Ravensburg** (see option 1 -4)

Useful tips: If you choose the connection via Stuttgart, take the next train/tram (S- or U-Bahn) you reach to get to Stuttgart. You need every minute you can get for the walk to the platform at Stuttgart Hbf (main station). Big construction site – long way to walk, many stairs, you should plan with 20 - 30min for the way to the train to Friedrichshafen; Often also train cancellations and disruptions, especially with the S-Bahn.

Option 1: 18:21 or 18:38 or 18:48 via Stuttgart Hbf (1 change)

- Stuttgart Flughafen/Messe (airport) - Stuttgart Hbf (main station): You can take the U-Bahn (tram) called **U6 to Gerlingen** or the S-Bahn (underground) **S2 to Schorndorf** or **S3 to Backnang**.

Next connections to Stuttgart main station:

- *U6 to Gerlingen: 18:21 - 18:51 (leave tram at Hauptbahnhof (Arnulf-Klett-Platz))*
- *S2 to Schorndorf: 18:38 - 19:05 (leave train at Stuttgart Hbf (tief))*
- *S3 to Backnang: 18:48 - 19:15 leave train at Stuttgart Hbf (tief) --> train will probably not be reached in time*

Next connections from Stuttgart main station to Ravensburg:

- **RE 5 to Friedrichshafen Stadt: 19:37 Stuttgart Hbf (platform 16) - 21:36 Ravensburg (platform 3)**

Travel information (5) - Transfer to Ravensburg (Germany)

Option 2: 19:32 via Wendlingen and Ulm (2 changes)

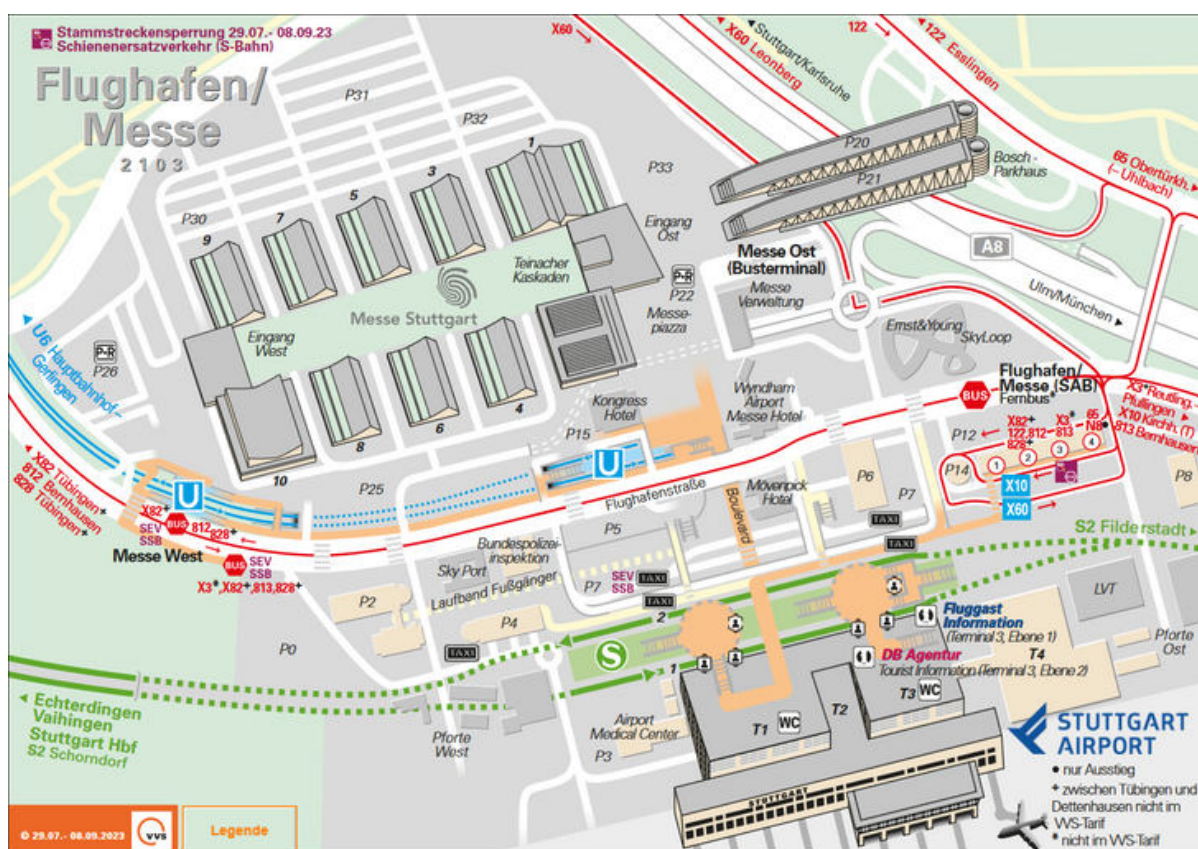
- airport bus X10 to Kirchheim unter Teck: 19:32 - 19:57 leave bus in Wendlingen am Neckar ZOB
- IRE 200 to Ulm: 20:24 Wendlingen - 20:51 Ulm
- IRE 3 to Lindau-Insel: 21:19 - 22:13 leave train in Ravensburg

Option 3: 19:39 via Esslingen am Neckar (1 change)

- bus 122 to Esslingen (Neckar): 19:39 - 20:12 Esslingen am Neckar
- RE 5 to Lindau-Reutin: 20:48 - 22:36 leave train in Ravensburg

Option 4: 19:32 via Reutlingen and Aulendorf (2 changes)

- airport bus X3 to Reutlingen: 19:32 - 20:23 Reutlingen Hauptbahnhof
- IRE 6 to Aulendorf: 20:50 Reutlingen Hbf (platform 2) - 22:56
- RE 5 to Friedrichshafen Stadt: 23:24 - 23:36 leave train in Ravensburg



Walk to the youth hostel. Luggage will be collected at the station.

Travel information (6) - Transfer to Tübingen (Germany)

Trip 6: Weingarten - Tübingen

Wednesday, 04.10.23 bus, train & walk

- 14:29 - 15:15 **bus R65, Bahnhof Bad Saulgau:** Charlottenplatz, Weingarten - Bahnhof, Saulgau
- 15:21 - 16:57 **IRE 6, Stuttgart Hbf:** Bad Saulgau (platform 1) - Tübingen Hbf. (platform 3)
- 17:02 - 17:04 **bus 11, Schwärzlocher Str. 45:** Tübingen Hbf - Neckarbrücke, Tübingen
- walk to the Youth Hostel (69 m)

Take you luggage with you to the University of Education in the morning!

Travel information (5) - Transfer home

Trip 6.1: Tübingen - Kristiansand

Saturday, 07.10.23 bus & KLM

- walk to the bus station Wilhelmstraße, Tübingen (395 m)
- 05:34 - 06:41 **bus 828 to Stuttgart Flughafen/ Messe (SAB), Leinfelden-Echterdingen**
- KLM ROYAL DUTCH AIRLINES KL1868: Stuttgart - Amsterdam 09:40 - 11:05
- KLM ROYAL DUTCH AIRLINES KL1247 Amsterdam - Kristiansand 11:55 - 13:20
- independent transfer home

Trip 6.2 and 6.3: Tübingen - Weingarten and Krakow

Saturday, 07.10.23 bus, train & bus-taxi

- independent journey back home after breakfast

More travel information (1)

Accommodation information

- Your accommodations are youth hostels, student residences, ...
- Shared rooms (up to 5 people in one apartment)
- You may have to bring your own towels, e.g. in the youth hostel (*more see below*)
- Breakfast is provided in Ravensburg, Tübingen and Krakow
- Lunch and dinner are in Germany and Norway largely organized, otherwise self-catering
- Cooking facilities are available in Kielce.
- Further information on planned joint meal activities can be found in the weekly program. Information on snack machines, washing facilities, etc. can be found on the accommodation pages.

Maps for walk and local public transport

You will all needed information for walk distances, addresses and public transport in the following guides of each country.

Helpful apps

You will find helpful apps in the following guides.

Transfer to the airport

For the reimbursement of your travel expenses (public transport) that were not booked centrally, we need the tickets / invoice receipts.

More travel information (2)

Information to your stay in Ravensburg and Tübingen (Germany)

Meals:

- In the Youth hostel Veitsburg in Ravensburg breakfast is included. Other meals like lunch or dinner are largely centrally organized. In the schedule you will find the information about which meals you have to organize yourself.
- During your stay in Tübingen there are breakfast, lunch and dinner largely centrally organized. UIA students will leave on Sat before breakfast.

Other:

In Ravensburg and Tübingen you have to take towels by yourself. Bed linen will be found in the hostel.

Information to your stay in Krakow and Kielce (Poland)

Meals:

In your hostel Krakowiak in Krakow breakfast is included. Other meals like lunch or dinner have to be individually organized.

During your stay in Kielce there is no breakfast included but there is a kitchen available. You can have lunch e.g. in the nearby Galeria Echo shopping centre.

Other:

We are not sure, whether you need to take towels with you. Please take towels with you.

Information to your stay in Kristiansand (Norway)

Meals:

In your hotel there is no breakfast. But you will find a grocery store (Rema) right next to the hotel. Vending machines for drinks and snacks are available in the hotel lobby. A good breakfast or lunch can be bought at Camillo Bastrup Coffee Shop just down the street. Other meals like lunch or dinner are largely centrally organized. In the schedule you will find the information about which meals you have to organize yourself.

Other:

You don't have to carry towels with you.

**“Values in Democracy Education - Enhancing Competencies and Beliefs of Teacher Students through a Joint Study Program”
(ValiDE)**

Your Guide for visiting Poland, Norway and Germany



Co-funded by the
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**“Values in Democracy Education - Enhancing Competencies and Beliefs of Teacher Students through a Joint Study Program”
(ValiDE)**

Guide for students visiting Poland



Co-funded by the
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Dictionary/Language

<i>PL</i>	<i>PRONUNCIATION</i>	<i>ENG</i>
Dzień dobry!	jine-dobree	Good day!
Do widzenia!	doh-veeh-dzen-ya	Good bye!
Jak się masz?	yak-she-mash	How are you?
Proszę	proh-she	Please
Dziękuję	jen-koo-yeh	Thank you
Przepraszam	psheh-prah-shahm	Sorry
Tak	tahk	Yes
Nie	nyeh	No
Na zdrowie!	nah-zdroh-vyeh	Cheers!/Bless you!
Nie rozumiem	nyeh roh-ZOO-myem	I don't understand
Nie wiem	nyeh -vyem	I don't know
Ile to kosztuje?	ee-le-toe-kosh-too-yea	How much does this cost?
Jak masz na imię?	yak-mash-na-im-yea	What's your name?
Nie mówię po polsku	nyeh MOO-vyeh poh pohl-skoo	I don't speak Polish

Climate

Poland has a temperate climate with hot summers and cold winters. Temperatures can get down as low as -20 °C in winter and as high as +30 °C in summer. The coldest weather tends to hit around February.

Local time

Poland is in the Central European (CET) time zone (GMT+1hr). Polish summer time (GMT+2hrs) starts on the last Sundays of March and ends on the last Sunday of October.

Electricity

Electricity in Poland is 230V, 50Hz AC. Plug sockets are round with two roundpin sockets.

Money

Poland is one of the few EU countries to have not adopted the Euro as currency. As which, Poland has its own currency called Zloty (PLN) - makerd as zł. Poland is ahead of the curve when it comes to cashless transactions. Credit or debit can be used just about anywhere.

Internet

Internet access is typically free and widely available in Poland, with practically every café and restaurant offering wi-fi to customers with laptops and smartphones.

Telephone area code

+ 48

Emergency numbers

List of the most important emergency numbers in Poland

122 EMERGENCY NUMBER

999 AMBULANCE

998 FIRE BRIGADE

997 POLICE

Kielce

The legendary beginnings of Kielce date back to the Middle Ages, when in the place of the present capital huge trees rustled in the Świętokrzyskie Voivodeship, and the forests were full of wilderness game.

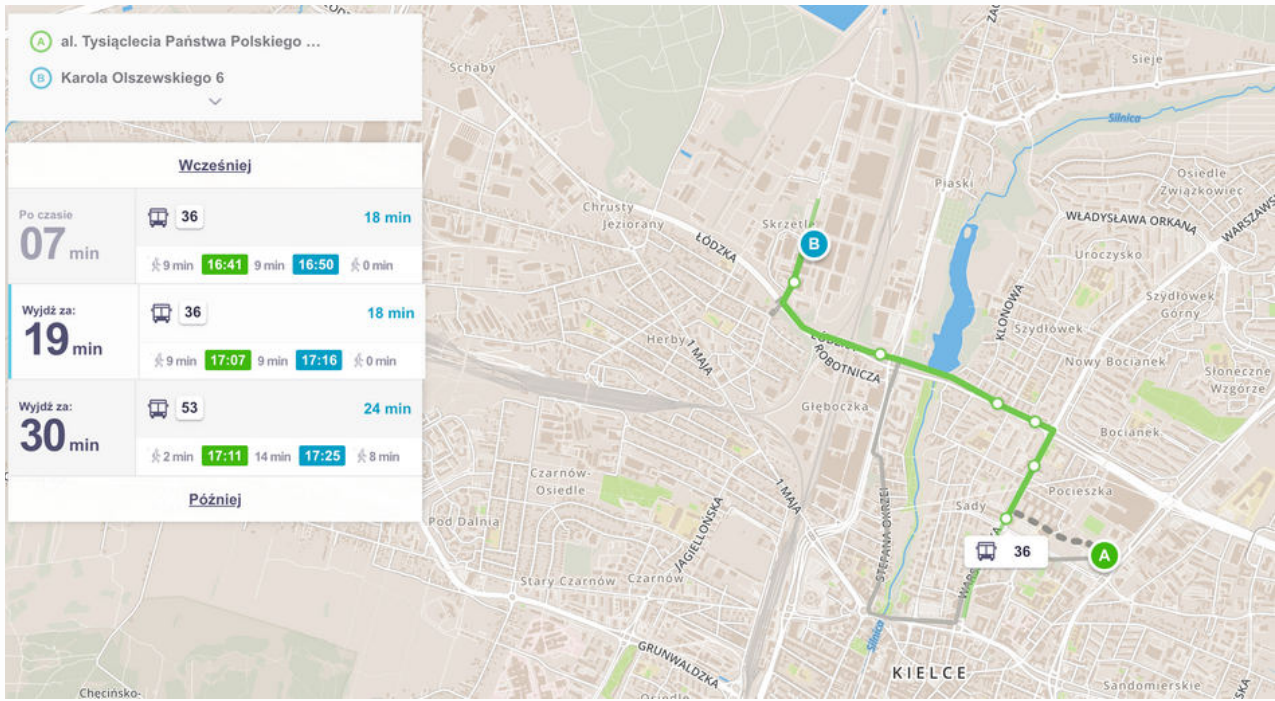
In such a forest, Prince Mieszko, son of Bolesław the Bold, hunted with his team. One evening he separated from his companions. The lost prince was attacked by robbers, and the young heir to the throne defended the division and defeated all his attackers. One of the robbers handed the thirsty prince the bottle. Mieszko, not anticipating the trick, instead water, drank poison and choked. Then there was the light from which it emerged Saint Adalbert.

Mieszko knelt and the saint drew a winding line with his crosier. Following the trail water flowed, quenching the prince's thirst and washing the poison from his mouth. Mieszko blew a horn and the team soon appeared. Driving away from the clearing, the prince noticed huge white fangs. He promised to build a castle with a church in this place. It was founded shortly after a settlement in the heart of the forest, and a church of St. Wojciech. The stream from which the water restored the prince's strength and was called Silica, and the settlement took the name of Kielce as a souvenir fangs found



ProHarmonia Education Center

Here we will present the most favorable connections from your accommodation (Filon dormitory) to the ProHarmonia Education Center.



Filon Dormitory - Al. Tysiąclecia Państwa Polskiego 17B Street

The location of your accommodation in Kielce



Attractions in Kielce

Some of the museums and attractions

1. **Palace of the Krakow Bishops** (one of the most magnificent and best-preserved residences from the Vasa era; was the seat of the German occupation authorities in the period 1939 - 1945)
2. **Botanic Garden**
3. **Nature Reserve**
4. **Artists' square**



Krakow

Welcome to Krakow, the city of Polish kings and bishops, the centre of culture and art, a university centre and magical place. The ancient capital of Poland is nowadays the cultural and spiritual centre of Poland, a place where history meets with modern business.

Nowadays Krakow is famous for its festivals, events, concerts and theatre performances attracting tourists from all over the world. This is the second largest city in Poland, famous not only as a centre of tradition and culture but also as a symbol of youth as a result of being a university centre. Kraków's postcard-perfect Old Town comes complete with Europe's largest medieval market square and even a fairy-tale Wawel castle overlooking the Wisła river.

Krakow is a city famous for its night life. There are almost 800 pubs and restaurants, but with almost 120 churches, it's also a religious centre, the city of John Paul II. Visiting Krakow, we will see places related to the history of Poland and Europe, traces of cultural influences, as well as magical and legendary places.



Pedagogical University of Krakow

Infrastructure of the univeristy

A virtual tour of the Pedagogical University - <https://www.360studio.org/spacery/UniwersytetPedagogiczny.html>

Main building - Podchorążych Street 2



<https://www.up.krakow.pl/infrastruktura-1/glowny-budynek-up-ul-podchorazych-2>

New building - Podchorążych Street 2



<https://www.up.krakow.pl/infrastruktura-1/nowy-budynek-up-ul-podchorazych-2>

Pedagogical University of Krakow

Infrastructure of the univeristy

University building - 4 Ingarden Street.



<https://www.up.krakow.pl/infrastruktura-1/budynek-up-ul-ingardena-4>

Student House "Krakowiak" - Armii Krajowej Street 9

The location of your accommodation in Krakow

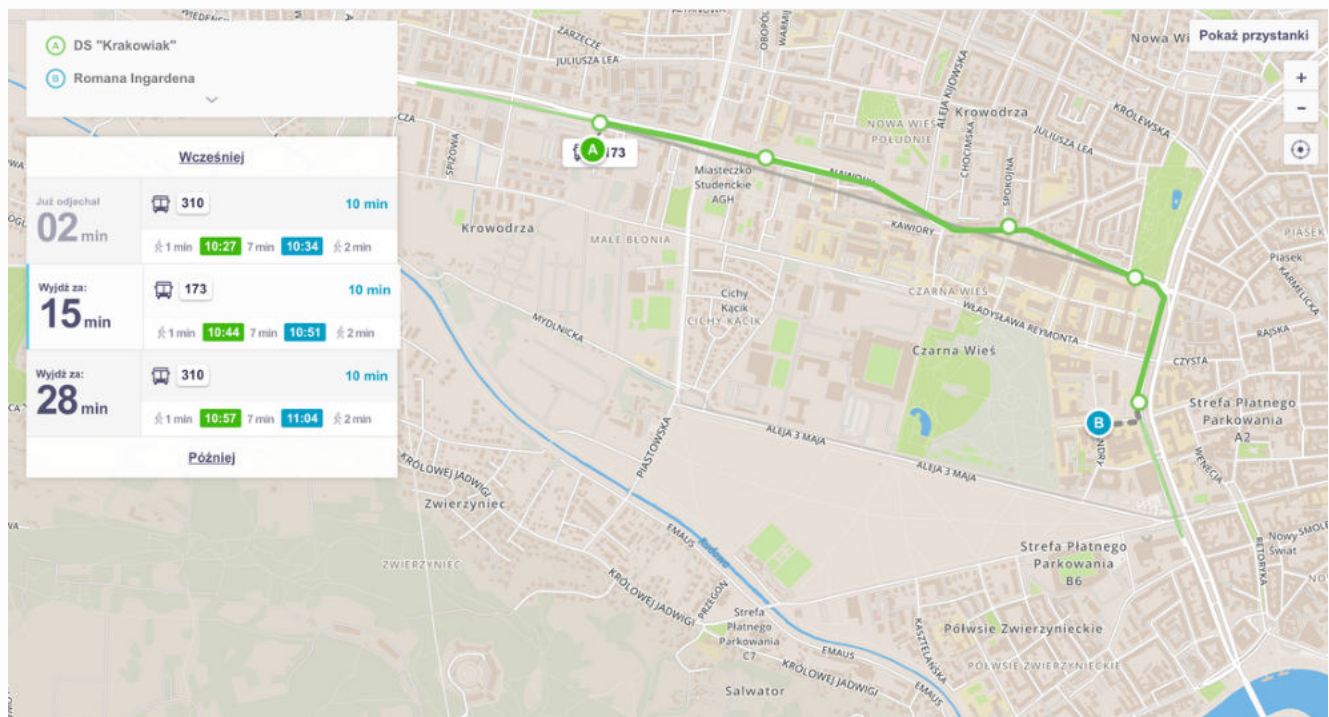


<https://www.up.krakow.pl/student/domy-studenckie/ds-krakowiak>

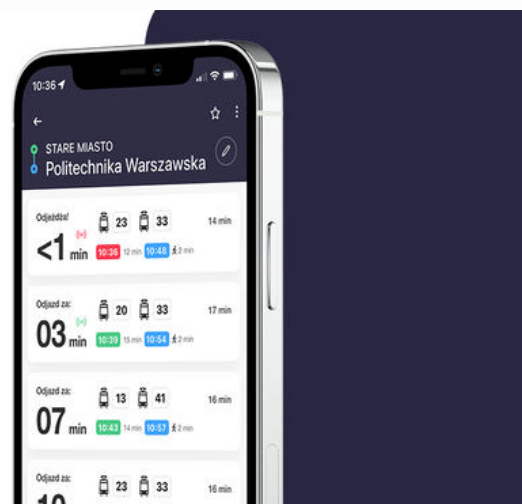
Pedagogical University of Krakow

Here we will present the most favorable connections from your accommodation (DS Krakowiak) to the Pedagogical University.

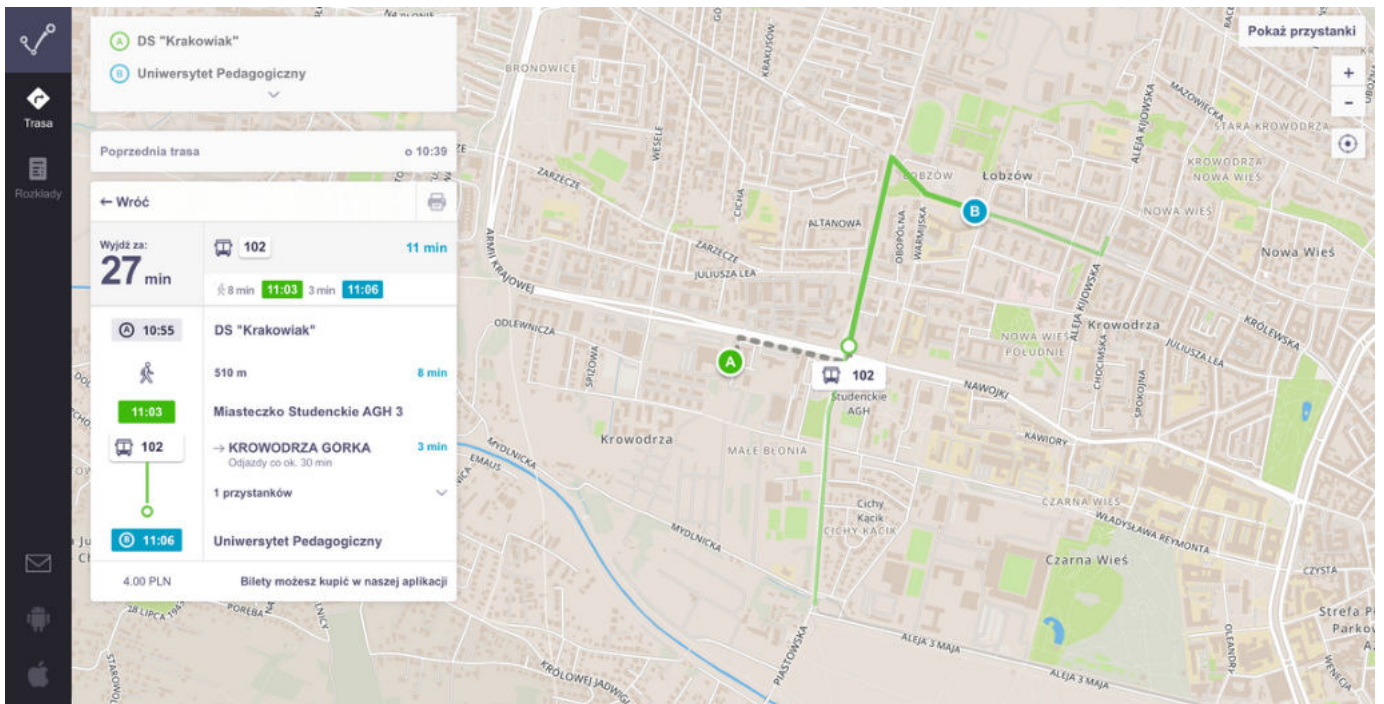
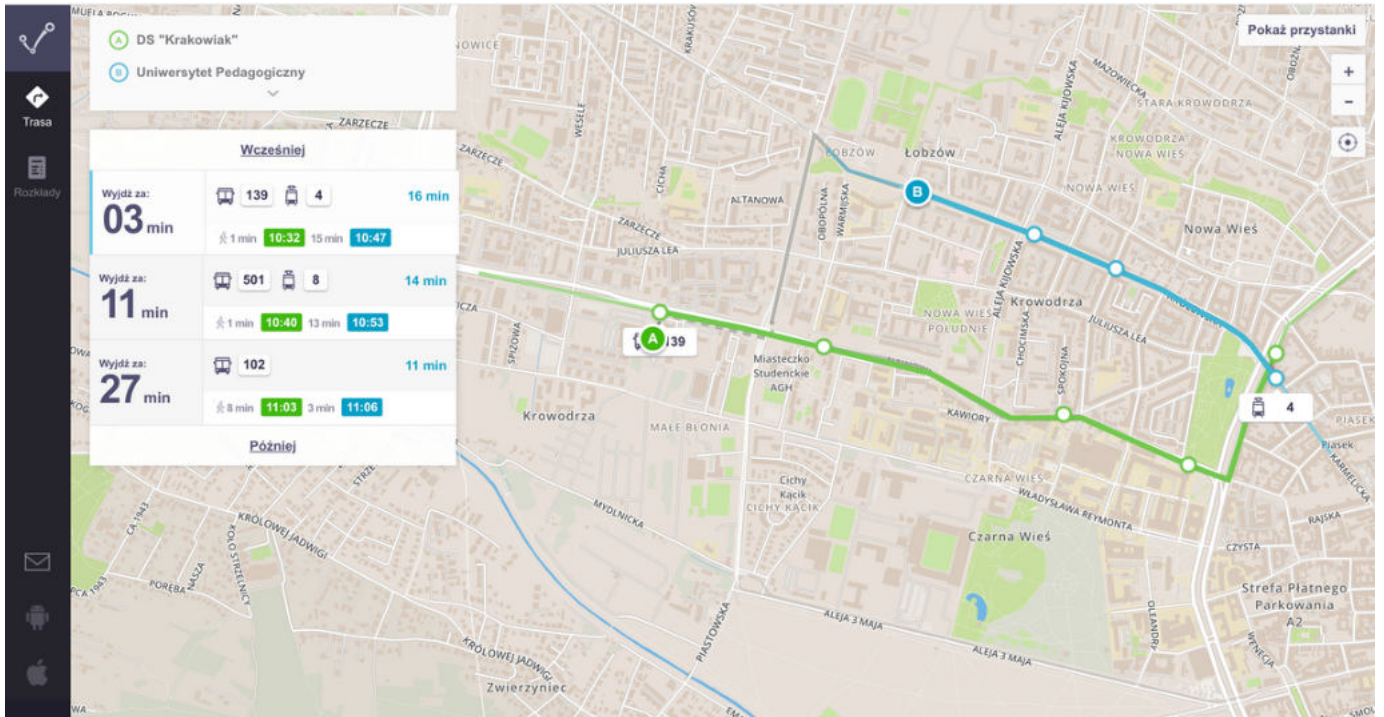
2 Location University building - 4 Ingarden Street



Ruszaj w drogę
z Jakdojade



Pedagogical University of Krakow



Attractions in Krakow

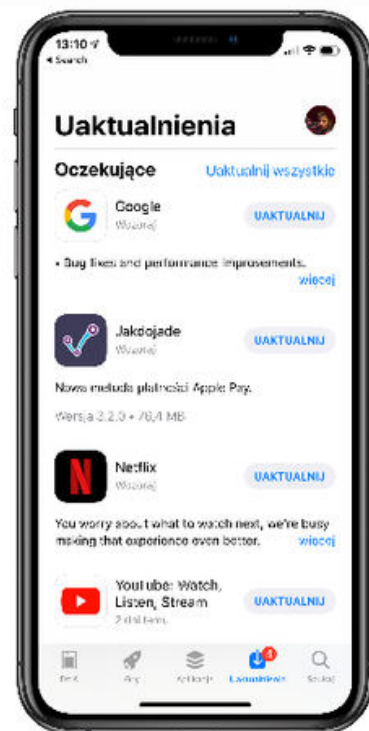
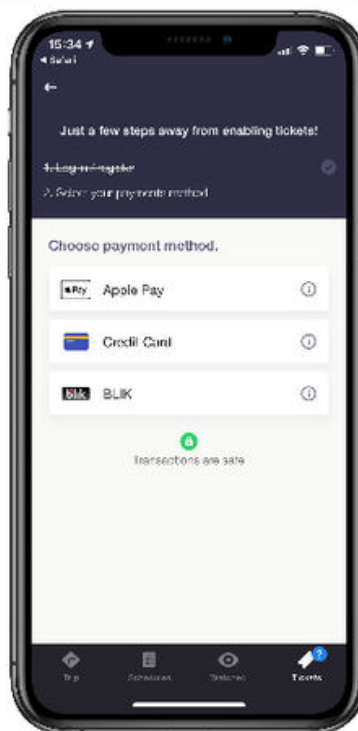
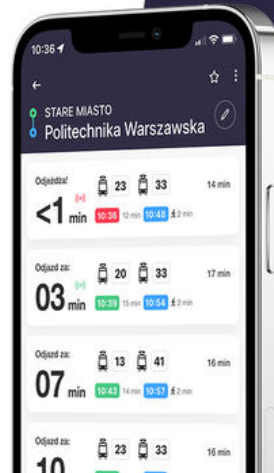
Some of the museums and attractions

1. **Oskar Schindler's Enamel Factory** (the exhibition is a story about Krakow and the fate of its Polish and Jewish residents during World War II)
2. **Sukiennice** (major tourist attraction, still retains its function as shopping center)
3. **St. Mary's Basilica** (symbol of Krakow, highest and biggest church in Krakow)
4. **Center for Documentation of the Art of Tadeusz Kantor Cricoteka**
5. **Old Synagogue**
6. **National Museum - Main Building**
7. **Rydlówka Manor**
8. **Town Hall Tower**
9. **Galicia Jewish Museum**
10. **The Wawel Royal Cathedral** (testimony of the Polish nation and center of religious contemplation)
11. **Wawel Castle** (symbol of power of the Polish state in the time of the kings Zygmunt Stary and his son Zygmunt August; Treasury with hidden coronation sword)

A useful application

Public transportation (buses and trams)

Ruszaj w drogę
z Jakdojade



- <https://apps.apple.com/pl/app/jakdojade-rozk%C5%82ady-jazdy/id506795511?l=pl>
- <https://play.google.com/store/apps/details?id=com.citynav.jakdojade.pl.android&hl=pl&gl=US>

A useful application

The latest rules for buying tickets online using the app

JakDojade.pl allows you to check the timetables of buses, trains, and streetcars of specific lines. The application allows you to determine a route between two points and automatically select the best connection. You can also buy tickets there. Before buying a ticket on the app, you need to create an account and recharge your virtual wallet. According to guidelines **in Krakow**, you are required to enter **the side number of the tram or bus when you punch your ticket**.

What does the side number look like and where to find it?

The number consists of 5 characters - a combination of letters and numbers. The sticker on which you will find it is located at the ticket counter.



Airport transfer

Three daily bus lines currently operate from Krakow Airport: **208, 209, 300**, and a night line: **902**. These are agglomeration lines. The bus stop is located near the passenger terminal

The current schedules can be found here: <http://rozklady.mpk.krakow.pl/index.php>

Tickets can be purchased:

- at the ticket machine in the passenger terminal, level 0 (arrivals hall)
- at the ticket vending machine at the MPK bus stop (payment by cash or card)
- at ticket vending machines on buses (payment by card)

Aaverage price for ticket (for students with valid student IDs) is 3 PLN.

Kraków airport is within the city zone, so one can travel with regular MPK tickets.

It's best to use the app JAKDOJADE to navigate the schedules and bus/train/tram routes.

Trains

The train stop is located adjacent to the terminal, at the rear of the multi-story parking lot. The stop is connected to the terminal.

Single ticket on the section Krakow Airport - Krakow Main Station:

Luggage carriage is free of charge.

The current schedules can be found here: <https://www.kolejemalopolskie.com.pl/>

**“Values in Democracy Education - Enhancing Competencies and Beliefs of Teacher Students through a Joint Study Program”
(ValiDE)**

Guide for students visiting Norway

ValiDE-2023, Kristiansand, NORWAY



Co-funded by the
Erasmus+ Programme
of the European Union

Dictionary/Language

Norwegian	PRONUNCIATION	English
Hei!	Hai	Hello!
Ha det bra!	Ha deh bra	Bye!
Hvordan går det med deg?	Wurdan gor deh meh dai?	How are you?
Vær så snill	Wehr sso snill	please
Takk	Takk	Thank you
Unnskyld	Uhnshild	Sorry
Ja	Ja	Yes
Nei	Nai	No
Skål!	skol	Cheers/ Bless you!
Jeg vet ikke	Jai wet ikkeh	I don't know
Hvor mye koster det?	Wur mijeh koster deh?	How much does this cost?
Hva heter du?	Wa heter du?	What's your name?
Jeg snakker ikke norsk	Jai snakker ikke norsk.	I don't speak Norwegian

Climate

Norway has a moderate climate with warm summers and cold winters. Norwegian average temperature in winter is around 3°C and in summer around 18°C.

The coldest weather tends to hit around January and the warmest around July.

In September, morning and evenings in Southern Norway can already be quite chilly, even if the rest of the day is rather sunny and warm.

Local time

Norway is in the Central European (CET) time zone (GMT+1hr). Norwegian summer time (GMT+2hrs) starts on the last Sundays of March and ends on the last Sunday of October.

Electricity

Electricity in Norway is 230V, 50Hz AC. Plug sockets are round with two roundpin sockets.

Money

The currency in Norway is called Norwegian Krone (NOK). Exchange rates can be checked by typing into Google "[Your currency abbreviation] in NOK". Then you can easily enter an amount and see how much this would be in NOK, and vice versa.

Norwegians barely use any cash (called "kontant" in Norwegian). All debit or credit cards are usually accepted in all places. We strongly advise you NOT to change/bring any cash in NOK for your stay in Norway. You will not need it.

Internet

On UiA campus students from abroad can use eduroam by logging in with their regular information. The hotel and ARKIVET will provide wi-fi as well. Norway is part of the European area that allows you to use your mobile internet the same way you would use it in your home country. Reception is usually very good.

Telephone area code

Travel to and arrival in Norway

Norwegian customs

Norway is not an EU member state, thus you will have to follow specific custom guidelines. These can be found on www.toll.no.

Specific rules apply for example to how much alcoholic drinks, tobacco, dairy products and other goods may be imported to Norway per person free of additional custom charges. If you are considering to bring any of these products with you, please consult the website www.toll.no or use their application for mobile phones.



Emergency numbers

List of the most important emergency numbers in Norway. The international emergency number for all cell phones is the 112.

110

FIRE BRIGADE

113

AMBULANCE

112

POLICE

Important contacts

Contact person University of Agder - Mareike Brehmer
+47 467 44 808

Contact person ARKIVET - Georg Kristoffer Berg Fjallsett
+ 47 984 15 783

Citybox Lite Hotel
+47 38 70 15 70

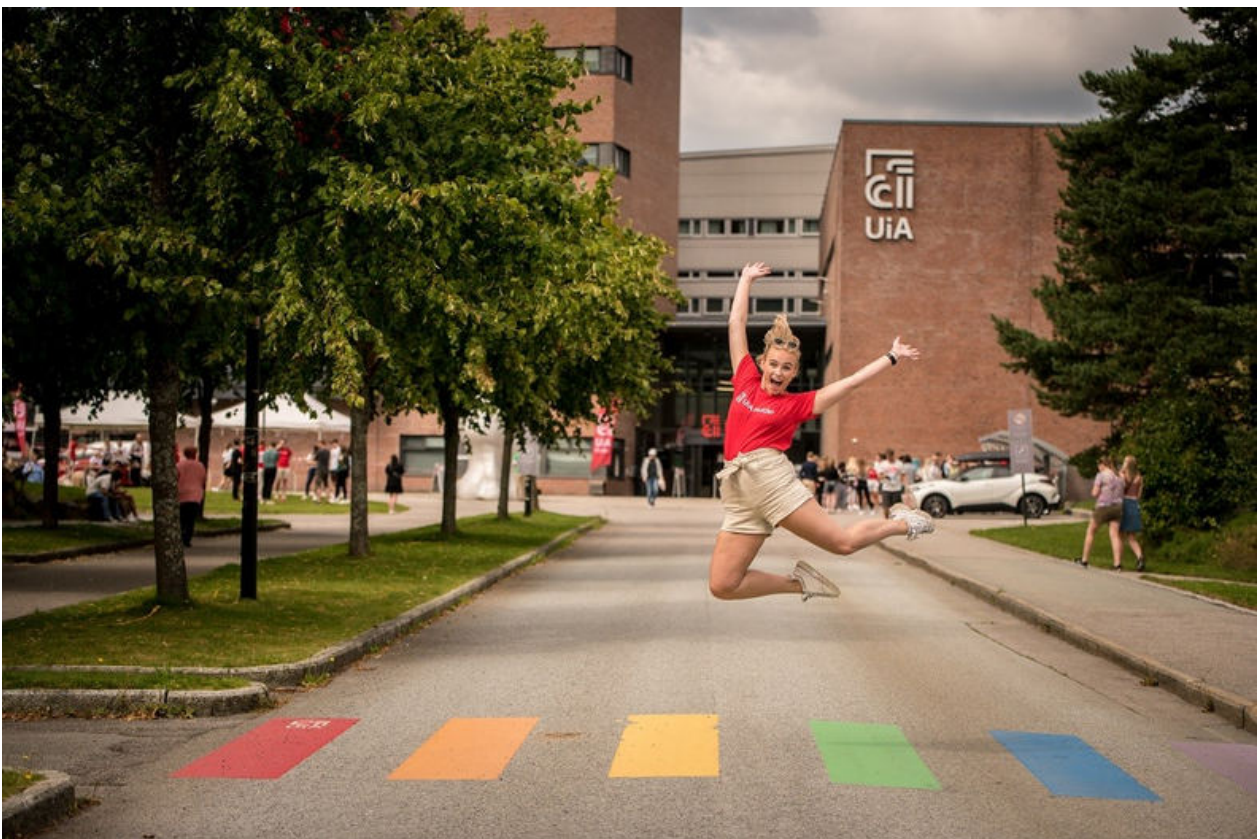
University of Agder

Our campus

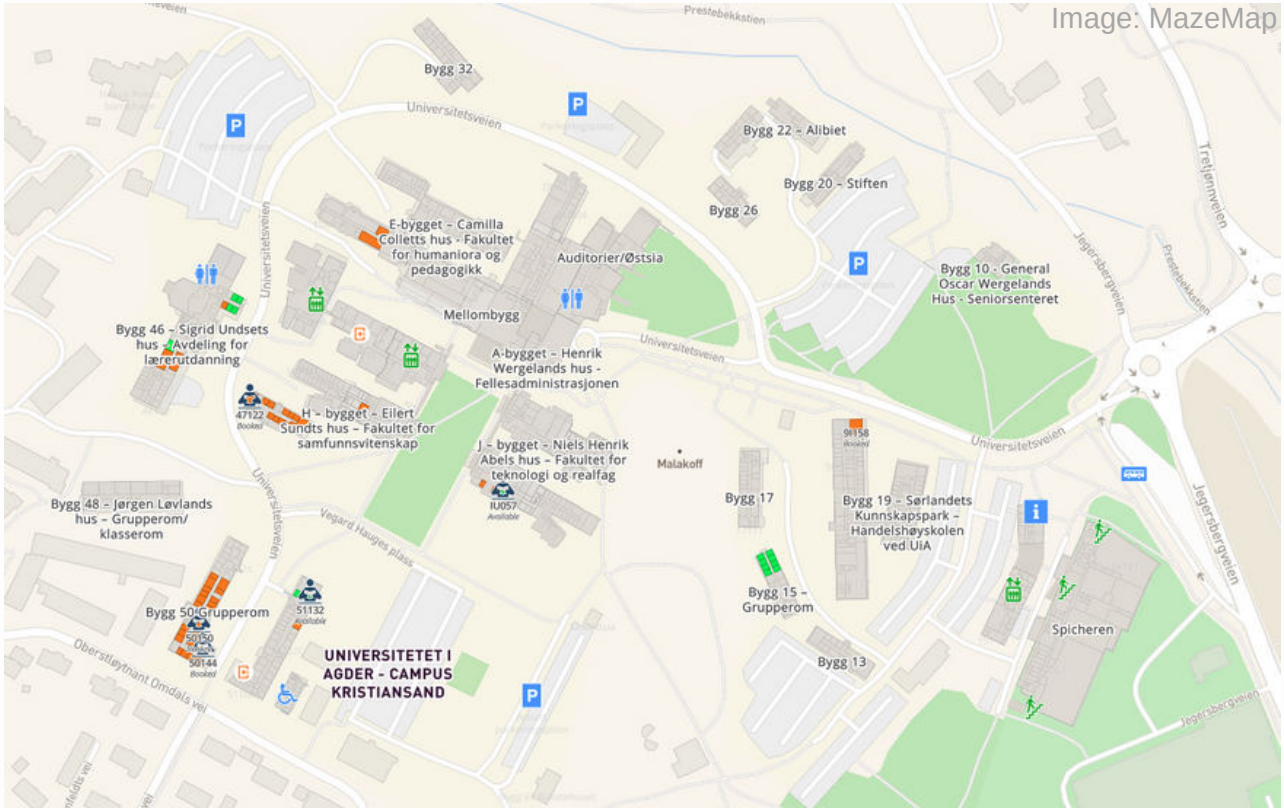
We will always pick you up at the main entrance and walk to the respective rooms as a group. However, if you wish to explore the University campus on your own, it is fairly easy to navigate. For all other cases, there is an app called **MazeMap** which you can download on your mobile phone, and which works just as google maps. It will direct you to the correct room in case you lose orientation. It is furthermore always a good idea to ask other students for directions, a nice opportunity to get in touch with the locals!



Main entrance - Universitetsveien 25



Map of the campus



On the right side of the picture: the bus stop "Universitetet"

In the center: the main entrance / "A-bygget"

We will be in the following buildings/rooms:

Your accommodation in Norway

Kristiansand is located in the county of Vest-Agder which, together with Aust-Agder, constitutes the Southern Norwegian region called "Sørlandet". The University of Agder consists of two campuses, one in Kristiansand, and one in Grimstad.

Kristiansand offers several recreational areas such as "Jegersberg" right behind the university campus, "Baneheia" next to the city center and very close to the Citybox Lite hotel, and a beautiful peninsula being embedded in the stunning "Skjærgården" with all its small islands.

Citybox Lite hotel

The Citybox Lite hotel is located in the city center of Kristiansand in Tordenskjolds gate 12, 4612. Each room is equipped with a bathroom, towels and bed linen. Cleaning during longer stays has to be requested at the reception, otherwise rooms will be cleaned after departure. The hotel offers free Wi-Fi.

Breakfast

Vending machines for drinks and snacks are available at the hotel, but breakfast will not be provided. We recommend buying breakfast at the supermarkets Rema1000 or ExtraParken around the corner, or at smaller bakeries or coffee shops. A lower-budget bakery that offers sweet and savory goods and also coffee and tea is for example "Bake Me Up" in Markens gate, not too far from the Citybox Lite hotel.

The university campus also offers breakfast at two cafes, and a smaller supermarket "Joker" can be found close to the bus station, next to the SiA student center.



How I can get from city center to campus?

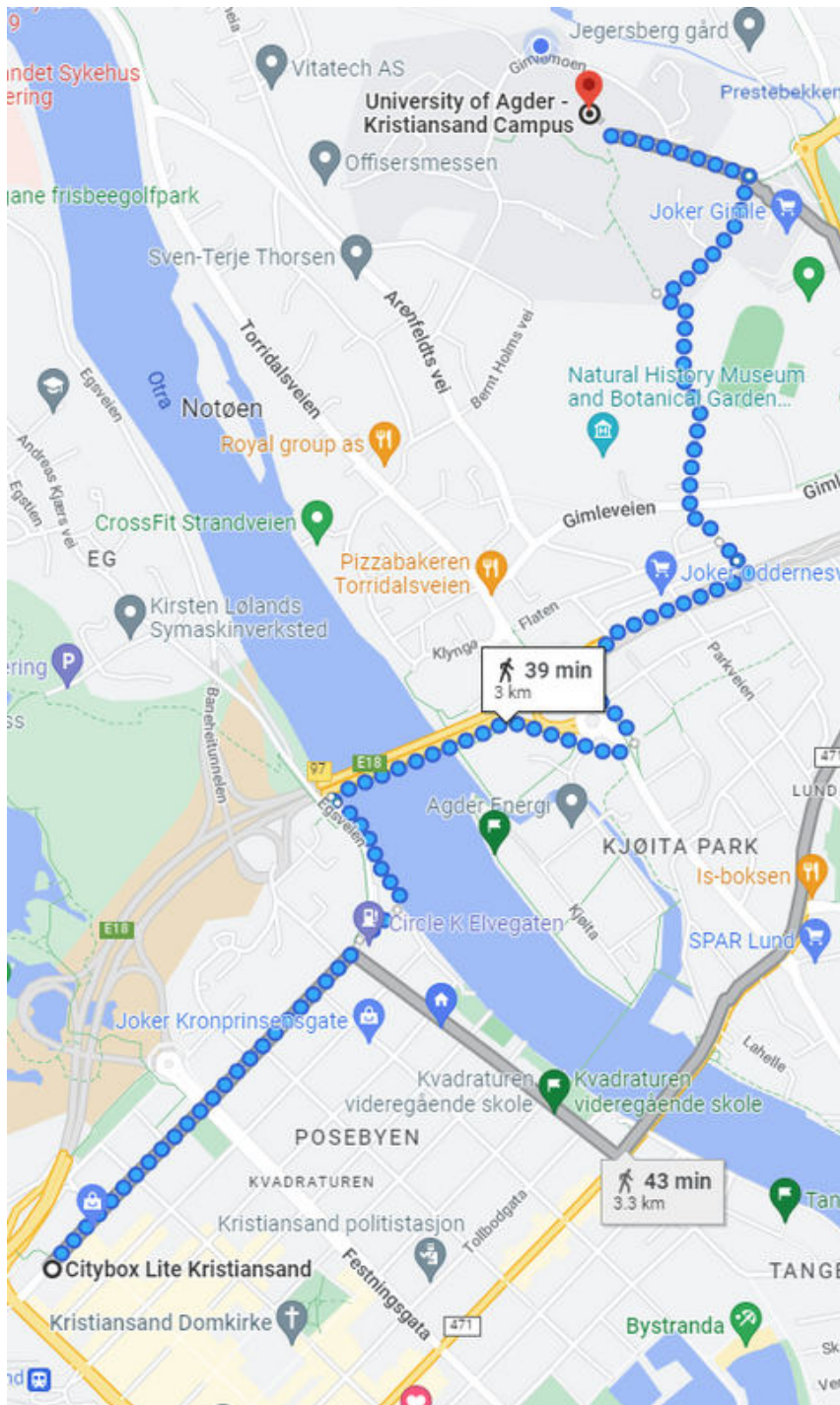


Image: maps.google.com

If you enjoy a longer walk with beautiful scenery in the morning or afternoon, walking from the hotel to our campus and back is one possibility. Walking the **3km** route takes about **40-50 minutes**, and there are different routes that you can take.

However, if walking is not your cup of tea, especially in the early morning hours, we collected some information on public transport for you on the following page.

Public transport

Public transport in Kristiansand only consists of buses, and the trip from the hotel to campus and back does not involve much planning, since numerous bus lines serve both stops. However, there are slower and faster connections, and this is why we have some recommendations for you:

Use the app **AKT Reise** to find suitable connections around your hotel. There are many bus stops and each bus line has its specific bus stops. This means that **not all buses hold at all bus stops!**

Now, to buy bus tickets, download a second app which is called **AKT Billett**. You can work yourself through the different ticket options, but most likely single tickets for each trip will be the cheapest option, as all other tickets only pay off if you take more than two trips a day.

Note: the moment you purchase a ticket in the app, it will be valid for 1,5 hours and then expire. **Only buy a ticket if you plan to get on a bus within the next 1,5 hours!**

Passengers are allowed to enter through the back door, and no face masks are required. However, you need to validate the QR code in the app and a green light has to come up at the validation machine on the bus.

To make an arriving bus stop for you, you need to hold out your hand (or if it is dark, you might even want to hold out your phone, so the bright screen catches the drivers attention).

The bus stop at the university is called **Universitetet**.

You can for example take lines **M1, M3, M4 or 12, 19, 35, 36**

Note: Bus line **15 is called "UiA"** when you are travelling in the direction of the campus, but it takes a **long detour** and it is not recommended to take this line!

To travel from campus to city center, you can take the same bus lines as shown above, but make sure to take the bus going in the other direction at the bus stop.



The city of Kristiansand

Kristiansand is a smaller city inhabited by about 95.000 people. In summer, many people like to go for walks and hikes, even shorter hammock and camping trips in the local recreational areas that consist of hill tops, forests, and lakes. Others like to go kayaking, swimming in the sea, spend time in their cabin in the mountains or on islands, or on their boats.

Popular attractions are the zoo "Dyreparken", "Bølgane" frisbee golf park, the swimming pool and spa "Aquarama", the outdoor climbing park that offers long zip lines across a lake and climbing high up in the trees of a forest "Høyt & Lavt", the climbing gyms "Sørlandet Klatresenter" and "Klatreverket", the dock "Fiskebrygga" where you can enjoy see food and ice cream and find the fish market close by, the city beach "Bystranda", and the recreational areas Jegersberg, Baneheia and Odderøya. In the very center of the city, you can find "Markens gate", a street filled with shops, and a beautiful church on the market place "Torget".

On the website www.visitorsorlandet.no these and other attractions can be found to explore during your free time in Kristiansand.

Feel free to ask UiA staff about these popular sites, for recommendations, or if you wish to travel to one of these as a group on your free Saturday!

Vi håper at dere vil trives her!

=

We hope that you will enjoy yourselves here!

Images: visitorsorlandet.no



ARKIVET - Peace and Human Rights Center

ARKIVET Peace and Human Rights Centre is an education- and documentation centre based in Kristiansand in the southern part of Norway.

ARKIVET Peace and Human Rights Centre studies how the retelling of our local history from World War II can help create attitudes, knowledge, and understanding in order to secure the basis for lasting peace and democracy.

The centre contributes with research, education and information activities, exhibitions and conferences.

Image: arkivet.no



Before the Second World War

ARKIVET was inaugurated as a State Archive in Kristiansand on March 8, 1935. The brick building in Vesterveien 4 is in a residential area on Bellevue just outside Kristiansand city center.

When the Germans arrived in 1940, the State Archives was an exciting house because it was a substantial building with thick brick walls and many rooms and floors. Overlooking the entrance to Kristiansand, the building had a central location.

During the war years

The Germans occupied ARKIVET on April 10, 1940, and the first two years it was the German air defense soldiers that used the building. From 1942-1945, the Gestapo took over the house and started using it as their regional headquarter. ARKIVET was during these years, known as the "house of horror".

The Gestapo (the German Secret State Police) took over the State Archive in January 1942 and turned it into a regional headquarters. Hauptsturmführer Criminal Commissioner Rudolf Kerner, the head of the German Secret State Police in Kristiansand, led the takeover. A total of around 3,000 German Sipo officials came to Norway during the war. The Gestapo was the executive branch of Sipo and has, therefore, often been used as a term for the entire security police.

ARKIVET was not a prison during the war, but a police station for the German security police. Cells and torture chambers got established, and detainees from all over the region were brought here for questioning. The stay could last from a few hours or a few days up to four weeks. Three hundred and eleven prisoners got tortured at ARKIVET. Most of them were between the age of 20-45. Sipo carried out the violence, but often with Norwegian help. There were about as many Norwegian and German citizens who earned their living at ARKIVET in the years 1942-45.

Ole Wehus, one of the most notorious and dangerous informants in southern Norway. Said during his treason case, "I am 100% sure that everyone who was employed at ARKIVET during the war, somehow had to know what was going on, because sooner or later they could not avoid seeing the prisoners after they had been treated". Norwegian employees also knew what was going on and contributed to the abuse and torture of prisoners, but only Ole Wehus was sentenced to death after the war.

Resistance Members in Captivity

More than 44,000 Norwegians were imprisoned during World War II, in camps and prisons in Norway, and various types of camps and prisons spread over large parts of the world. On a national basis, around 9,000 Norwegians were sent to concentration camps and prison cells abroad. From the Agder counties, 730 people were involved. They were to be completely isolated from the outside world and disappear without a trace in "night and fog".

Right outside the old entrance in Vesterveien 4 is a bust of Arne Laudal. Major Arne Laudal was a district leader for Milorg in the south of Norway. Milorg was the military resistance movement in Norway during world war II. He participated in the fighting in southern Norway in 1940 and organized Milorg in the region in 1941. Laudal was arrested in his home in December 1942 and send to ARKIVET. During interrogation at ARKIVET, he was subjected to horrendous torture, and in 1944 he was sentenced to death and shot in Trandumskogen.



After the war

After the war ended in 1945, the Home Force took over ARKIVET, before it once again became a State Archive.

Inside ARKIVET there was room for 3500 shelf meters with archive items. It lasted for about 30 years, before space capacity became a growing problem. The solution was to build a new one, and when the state archives moved to new premises, it was scattered around four different places in the city.

ARKIVET was a State Archive until 1997. After the State Archives moved, Sørlandet Krigsminneforening established an action committee that protested against ARKIVET being put up for sale on the open market. The action committee was established as a foundation in 1998: The Foundation Arkivet.

After extensive restoration, the center for history dissemination and peacebuilding was opened on May 8, 2001.

Nowadays

ARKIVET arranges guided tours through their various exhibitions, participates in and contributes to larger events on the local and regional level, and organises various other larger and smaller events both in-house and in external locations.

Scan the QR-code to check out ARKIVET's events and website!



Høvåg school - The school you will visit

Høvåg school is a 1st - 10th grade school located in Lillesand municipality. Our school was built in 1967 and has been extended at regular intervals. We are about 35 employees and about 250 students. At the primary level we have one and two parallels, and at the junior level we also have one and two parallels. In addition, we have an after-school program (SFO) for pupils from 1st - 4th grade. You can find more information about the school here: www.hovagskole.no

The development work at the school

Our foundation is based on values we have worked out ourselves: Love, generosity and security. We are conscious of being safe, good, and professional adults in the roles we have.

In Lillesand municipality, we have two focus areas: Language and Social and emotional competence. We have drawn up a local curriculum for social and emotional competence that involves both pupils and staff. Lillesand municipality has also taken part in the initiative "Inclusive learning environment" together with several of the Knutepunkt municipalities. Going forward, professional renewal will be a focus area.

Høvåg as a teacher training school

Høvåg is a rural school with a clear educational profile and many skilled teachers. We have been a practice school for many years and enjoy having students. We include the students in our diverse everyday school life so that practice is experienced as meaningful and realistic. Students who have been with us give good feedback both in terms of academic and relational development. We have many teachers with guidance pedagogy and in recent years have systematically operated with peer guidance.



Image: Lillesands-Posten²

¹ <https://www.uia.no/om-uia/prosjekter/laererutdanningskoler/innhold/hoevaag-skole>

² <https://www.lp.no/nyheter/i/jxP8mJ/har-foert-tilsyn-med-hoevaag-skole-i-nesten-ett-aar-omsider-avsluttet>



**“Values in Democracy Education - Enhancing Competencies and Beliefs of Teacher Students through a Joint Study Program”
(ValiDE)**

Guide for visiting Germany

ValiDE-2023, Weingarten & Tübingen, GERMANY



Co-funded by the
Erasmus+ Programme
of the European Union

Dictionary/Language

GR	PRONUNCIATION	ENG
Guten Tag!	[ˌgutŋ ta:k]	Good day!
Auf Wiedersehen!	[aʊf ˈviːdəˌzeːən]	Good bye!
Wie geht es dir?	[ˌviː ɡe:t əs ˌdiːɐ̯]	How are you?
Bitte	[ˈbɪtə]	please
Danke	[ˈdan̩kə]	Thank you
Entschuldigung	[ɛntʃʊldɪɡʊŋ]	Sorry
Ja	[jaː]	Yes
Nein	[naɪ̯n]	No
Zum Wohl!	[ˈtsum ˈvɔ:l]	Cheers/ Bless you!
Ich weiß es nicht	[ɪç vaɪ̯s ɛs nɪçt]	I don't know
Wie viel kostet das?	[viː fi:l koːstət das]	How much does this cost?
Wie heißt du?	[viː haɪ̯t duː]	What's your name?
Ich spreche kein Deutsch	[ɪç ʃpɾɛçə kaɪ̯n dɔɪ̯tʃ]	I don't speak German

Climate

Germany has a moderate climate with warm summers and cold winters. German average temperature in winter is around 3°C and in summer around 18°C.

The coldest weather tends to hit around January and the warmest around July.

Local time

Germany is in the Central European (CET) time zone (GMT+1hr). German summer time (GMT+2hrs) starts on the last Sundays of March and ends on the last Sunday of October.

Electricity

Electricity in Germany is 230V, 50Hz AC. Plug sockets are round with two roundpin sockets.

Money

Germany is one of EU countries to have adopted the Euro as currency. In Germany, it is recommended to have cash available, especially for small amounts (less than €10). Credit or debit often can be used.

Internet

Internet access is typically free and widely available in Germany, with practically every café and restaurant offering wi-fi to customers with laptops and smartphones.

Telephone area code

+ 49

Emergency numbers

List of the most important emergency numbers in Germany. The international emergency number for all cell phones is the 112.

112 EMERGENCY AND FIRE BRIGADE

116 117 STANDBY FOR EMERGENCY

110 POLICE

Useful numbers and contact persons

Contact person University of Education Weingarten - Hilke Rapp
+49 751 501-8007; rapp01@ph-weingarten.de

Contact person Stiftung Weltethos (Tübingen) - Julia Willke
+49 7071 400 53-14

Youth Hostel Veitsburg Ravensburg
+49 751 25363

Youth Hostel Tübingen
+49 7071 23002

University of Education Weingarten

Infrastructure of the University

Scan this QR-code to get to the virtual tour of the University of Education Weingarten



Main building - Kirchplatz 2



source: outdooractive.de



source: d.m.wikipedia.de Photographer: Andreas Praefcke

Centre of natural sciences (NZ) and cafeteria

Area overview of the University of Education Weingarten



Stand: September 2018

Global Ethic Foundation (Stiftung Weltethos)



Global Ethic in 2 minutes

Check out this QR-Code to get to the explanation video of the Global Ethic Foundation.

The Stiftung Weltethos (Global Ethic Foundation - GEF) was founded in 1995 with the primary programmatic goals of (1) Implementing and promoting intercultural and interreligious research; (2) Stimulating and implementing intercultural and interreligious educational work; (3) Promoting and creating opportunities for interreligious and intercultural encounter, all based on the belief that there can be, in the words of its founder Prof. Dr. Hans Küng, “No peace among nations without peace among religions. No peace among religions without dialogue among religions. No dialogue among religions without global ethical standards. No survival of our globe in peace and justice without a new paradigm of international relations based on global ethical standards.” (Hans Küng on 9.11.2001 before the United Nations General Assembly on the Dialogue of Civilizations) In the pursuit of these programmatic goals, GEF remains neutral and independent in its worldview.

Through educational programs and the promotion of intercultural meeting, GEF has been active in the communication of common values and the finding of common ground between people of different backgrounds. Through decades of fundamental research by Prof. Küng, and his collaborators, and through other scholars associated with GEF, it has a profound knowledge of all the world's religions, their common values, and their significance for our globalized world. Currently 20 employees are working in Tübingen plus further freelance employees in Germany and in other countries. In Austria exists a „Weltethos Initiative“ (www.weltethos.at) and in Switzerland there is a Swiss „Weltethos-Stiftung“ (<http://www.weltethos.ch>). Both are independent of the GEF. One of the central challenges of modern European society is facilitating the peaceful coexistence of people from different cultural backgrounds and religious traditions. A basic operating premise of GEF is that laws alone are not enough: Common values are needed as a basis for successful politics and a successful life in a diverse and pluralistic society. Ultimately, it is the responsibility of people to act in accordance with these common values.

Global Ethic Schools (GES)

The *Global Ethic School* seal has been in existence since 2014. The label is awarded by the Global Ethic Foundation to schools that

- incorporate the global ethic idea into their curriculum,
- find ways to anchor it in everyday school life.

21 schools have received the seal:

- 13 schools from Baden-Württemberg, 3 from North Rhine-Westphalia, 3 from Bavaria, 1 from Saxony as well as 1 from Luxembourg.
- 3 more schools are currently in the process of approval.



You will visit a primary school in Tübingen, that is currently in the process of approval.

Your accommodation in Germany

Weingarten is located in Southern Baden-Württemberg, surrounded by the Alps, Lake Constance, and the Swabian Alb. The city of Ravensburg lies directly adjacent. Together, these two interlocking urban centers comprise a population of around 75,000 and are home to three universities. A total of 8,000 students help shape life in Ravensburg-Weingarten.

Youth Hostel Ravensburg (Veitsburg)

Ravensburg is the cultural and economic focus of Upper Swabia. Its historic roots as a service and commercial center go back to the Middle Ages. This is proved by the mediaeval city centre with gothic patrician houses, sacred buildings, gates, towers and the remains of the city wall. High above the city there is Veitsburg castle, the ancestral seat of Guelfic dukes, which later was entered into possession of the Hohenstaufen dynasty. With them Ravensburg evolved to the most important city between the Danube and Lake Constance and became imperial city.

The Youth Hostel in the "Veitsburg" castle is situated on a hill over the city Ravensburg. It is about 500 meters away from the city centre. From the main train station you can reach the youth hostel on foot within 25 minutes via Eisenbahnstraße - Marienplatz - Marktstraße - Obertor - stairway or the **new barrier-free switchback** to the Veitsburg.

All rooms are equipped with sinks and toilets. There is also Wifi in the public room.

<https://www.jugendherberge.de/en/youth-hostels/ravensburg/>

Youth Hostel Tübingen

The youth hostel is located at the fringe of the old town, directly on the Neckar. It is about ten minutes away from the train station and the city centre.

There will be two-bed and four-bed rooms available for you. Wifi is available in all common rooms.

<https://www.jugendherberge.de/en/youth-hostels/tuebingen/>

How I can get from A to B? - Guideline

1) From the Ravensburg Youth Hostel to the University of Education Weingarten

Information: In the morning of 12th. September the students of the University of Education will pick you up at the Youth hostel to show you the way to the university.

Description Veitsburg to Weingarten

From Veitsburg Hostel walk 180 meters, then turn left to "Philosophenweg". Take the stairs and turn right towards "Philosophenweg". After 8 meters turn left to "Marktstraße". Go 61 meters ahead to "Humpisstraße". Then turn right to "Gänsbühl". After 56 meters turn left to "Herrenstraße". After 67 meters turn right to "Frauenstraße". Follow this street for 30 meters and you will get to the bus stop "Wilhelmsstraße". The bus you have to take is called "Stadtbus RV/WGT 1". Outside of the bus is written "Baint, Marsweiler".

Bus connection options/alternatives

- Ravensburg, Frauentor to Weingarten (Württ), Linse or Weingarten (Württ), Post
- Ravensburg, Schussenstraße to Weingarten (Württ), Charlottenplatz

The same applies to the other direction of travel (see next page; the University of Education Weingarten is where word "Weingarten" is placed.)

Use the GruppenTageskarte (group day ticket) for max. 5 persons. It's valid from 08:30.



Description Weingarten to Veitsburg

From the University you have to walk the big stairs near to the Basilica down. Then you will arrive at the post office. There, cross the street and you'll see the bus stop "Weingarten Post". From there take the bus "Stadtbus RV/WGT 1". Outside the bus is written "Schmalegg". Step out at "Frauentor".

Useful application

This application will help you to find the right bus connections and all the time tables. Go to your app store. There you can download the application.

bodo

Bodensee-Oberschwaben Verkehrsverbund GmbH

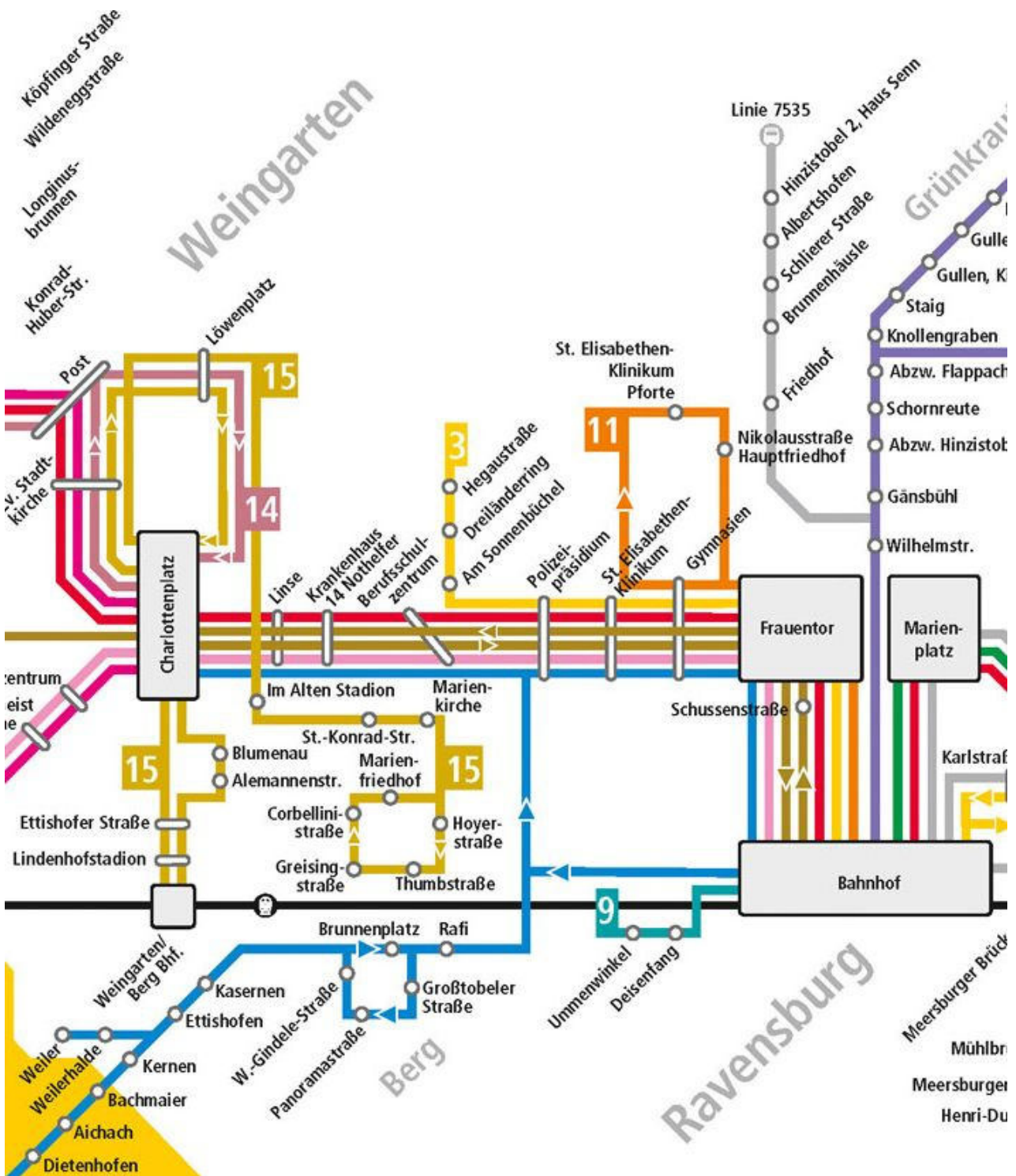
Die "bodo FahrPlan-App" ist dein neuer mobiler Begleiter im Personennahverkehr.



2,9★
629 Rezensionen

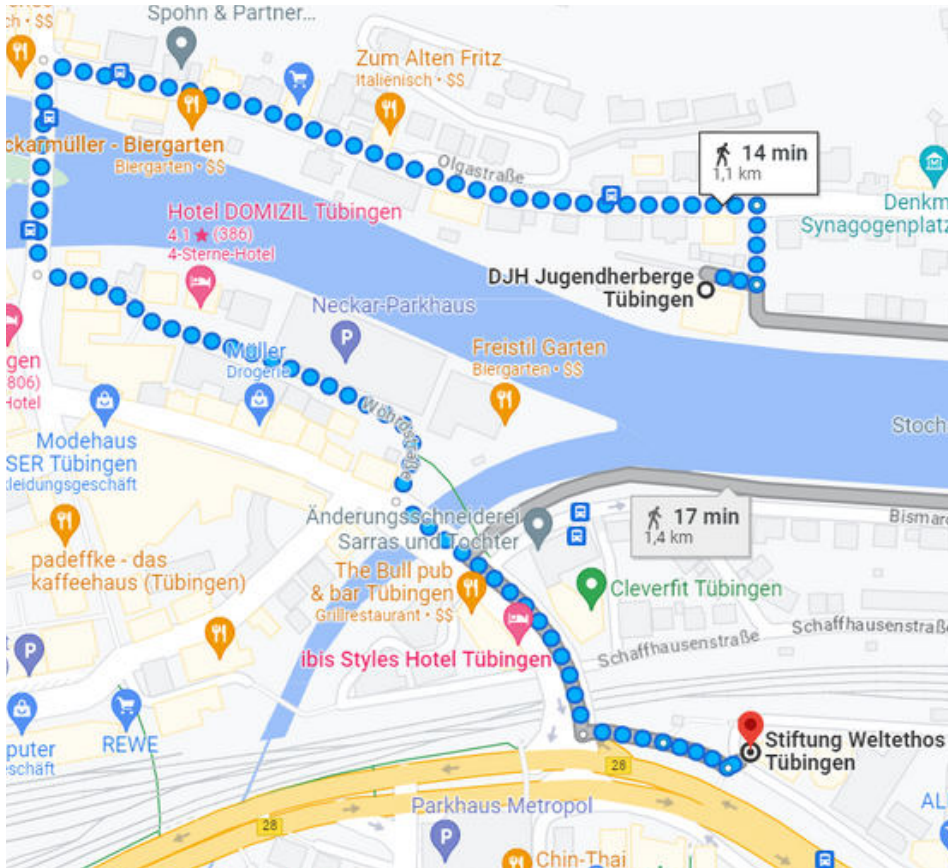
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2) From the Youth Hostel to the Global Ethic Foundation Tübingen (Stiftung Weltethos)

Description from the hostel to the GEF



Useful application

This application will help you to find the right bus connections, online tickets and all the time tables. Go to your app store. There you can download the application.



Ravensburg

Welcome to Ravensburg!

Ravensburg, "The city of towers and gates" is situated between Lake Constance and Allgaeu in a scenic landscape with a view of the Alps. In the past, the city was a major, medieval commercial centre. Today, with its 50,000 residents, it is the lively, economic hub of Upper Swabia and an attractive holiday destination.

The city once was a Free Imperial City back in the days of the Holy Roman Empire and was a major trading centre in the Middle Ages. Nowadays it is also famous in another field - with the Ravensburger games company (renowned for its jigsaw puzzles) being named after and headquartered in the town.

The Towers of Ravensburg

Most of the historic towers and town wall surrounding the city centre of Ravensburg date from the 14th and 15th century.

The original town fortifications stretched only to the present-day Marienplatz but as the settlement became more prosperous and attracted more inhabitants the defensive walls were extended outwards to the structures that can be seen today.

The oldest of them is the Obertor and the tallest, at 51m in height, is the neighbouring Mehlsack (see picture below), both of them located on the southeastern edge of the old town. The Blaserturm, almost as high as the Mehlsack, stands on its own in the city centre. It used to be part of the old walls before the town expansion. The 212 steps to the lookout point can be climbed in the summer months. The Mehlsack can be climbed in August and September on the weekend.

A stroll through the old town of Ravensburg

"Marienplatz" in the centre of Ravensburg is the ideal starting point from which to explore the town: visit "Bachstraße", for example, a bustling street with a stream flowing through it, or the lovingly restored "Marktstraße". Ravensburg offers a wide choice of stores with all kinds of goods, chic boutiques and attractive shops that guarantee a pleasurable shopping experience. The town's pedestrian areas invite you to take a leisurely stroll, or combine a browse through the shops with a tour of the historic old town – either by yourself or as part of a guided tour every Wednesday and Saturday. The historic town centre can be easily reached from the eight car parks located around the town centre or from the railway and bus stations.

Attractions

Some of the museums and attractions

- **Obertor and Untertor** (city gates)
- **Schwörsaal**
- **Gemalter Turm** ("painted" tower)
- **Grüner Turm** (green tower)
- **Veitsburg** (castle with a beautiful view over the city)
- **Blaserturm** (watch tower of Ravensburg til 1911)
- **Mehlsack** (the platform of the tower was used to control the area of the Veitsburg)
- **Museum Quartier** (includes the Humpis museum, modern Art museum, Ravensburger game museum and economic museum)**Schellenburger Turm** (tower of Schellenburg- the executioner burried here dead cattle)
- **Lake of Constance** (biggest lake in Germany with a mediterranean ambiente)



Ravensburg city view
source: Stadt Ravensburg

Weingarten

Welcome to Weingarten!

Weingarten is a town with a population of 24,000 in Württemberg, in the district of Ravensburg, in the valley of the Schussen River. Together with the southern neighbour cities of Ravensburg and Friedrichshafen on Lake Constance, it forms one of 14 medium-sized infrastructural centres in Baden-Württemberg. The town is seat of the University of Applied Sciences of Ravensburg-Weingarten and of the Pedagogical University of Weingarten.

Abby of Weingarten

Weingarten Abbey or St. Martin's Abbey (German: Reichsabtei Weingarten until 1803, then merely Abtei Weingarten) is a benedictine monastery on the Martinsberg (St. Martin's Mount) in Weingarten.

The abbey and the St. Martin's Basilica are a major attraction on the tourist route known as the Oberschwäbische Barockstrasse (Upper Swabian Baroque Route).

The current church was built between 1715 and 1724 in the Italian-German Baroque style. The church is the second largest church in Germany, and is the largest Baroque church in Germany. The 102 meter long church is known as the "Swabian St. Peter's" since this church is almost exactly one-half the size of St. Peter's Basilica in Rome.

Within the church is the famous Gabler Organ, a church organ that was built between 1735 and 1750 by Joseph Gabler. The organ has over 60 registers, 169 ranks, 63 voices and over 6600 pipes.

A wing of the abbey precincts accommodates the present monastery. Other parts of the former abbey house the Pädagogische Hochschule Weingarten and the Academy of the Diocese of Rottenburg-Stuttgart.

Relic of the Holy Blood of Jesus

The greatest treasure of Weingarten was its famous relic of the Precious Blood, still preserved in the church of Weingarten. Its legend runs thus: Longinus, the soldier who opened Jesus's side with a lance, caught some of the Sacred Blood and preserved it in a leaden box, which later he buried at Mantua.

Blutritt in Weingarten (Blood Ride of Weingarten)

The Blutritt in Weingarten is regarded as the biggest equestrian procession in Europe. It takes place on the Friday after Ascension Day, also known as "Blood Friday" ("Blutfreitag"). In 1529 the Blutritt was first mentioned in writing, but even then it was labeled as an old custom. The Relic of the Holy Blood is kept in the church of the Weingarten Abbey. Traditionally, the Blutritt is a pilgrimage for men.

On the day of the Blutritt, the "Rider of the Holy Blood" (German: Heilig-Blut-Reiter) carries the relic through Weingarten and the surrounding areas.

Attractions

List of museums and attractions

- Basilika Weingarten
- Reichsabtei Weingarten
- Museum für Klosterkultur
- Das Weingartener Moor
- Museum im Schlössle



Inside the Basilika of Weingarten
source: Wegweiser Weingarten 2016



Münsterplatz Weingarten
source: Wegweiser Weingarten 2016



Muesum im Schlössle
source: Wegweiser Weingarten 2016



City view of Weingarten
source: Wegweiser Weingarten 2016

Tübingen

Welcome to Tübingen!

Tübingen is a quaint town near Stuttgart with its own Swabian traditions. Known as one of the youngest cities in Germany (thanks to the many students, the average age has been roughly 40 years), Tübingen can boast sloping, charming rows of houses in medieval style as well as a highly regarded university.

Tübingen's main landmark is most definitely the row of colourful, narrow houses sitting along the River Neckar. Part of this famous scenery is the yellow Hölderlinturm (Hölderlin's tower) where the poet Friedrich Hölderlin lived until his death in 1843. Speaking of German writers, Tübingen is known as the city of poets and thinkers. Ludwig Uhland and Hermann Hesse spent some time of their lives in Tübingen, and a sign stating "Hier kotzte Goethe" ("This is where Goethe puked") serves as popular memory of Goethe's visit to the university town.

The lovingly restored medieval town centre with its decorative facades and narrow alleys invite strollers to saunter about. The square-shaped market place is especially pretty, partly because of the town hall with a facade of paintings and its astronomical clock. Roughly 10 to 14 times a year, there is all hustle and bustle when tourists flock to town from all over the world to visit one of the many markets with little stalls spread across the historic centre. Germany's biggest chocolate festival, The ChocoART; Umbrian-Provencal market and Christmas market are just a few of the most famous ones to mention.

Castles of Tübingen and Hohentübingen

Tübingen's castle is located on one of the many hills that shape the town and are more often than not complained about. It is free to visit and offers a superb view over the town and surrounding hills. On clear days, one can even make out parts of the Swabian Alps. Schloss Hohentübingen was mentioned for the first time as a fort in 1078, nowadays, it hosts different institutes and serves as a museum about ancient cultures. Parts of the rooms are used by the university.

Eberhard-Karls University

Tübingen is primarily known as a student town. Its internationally renowned university, founded in 1477, is one of the oldest universities in Europe. Awarded with the title of "Elite University" in 2012, it offers about 30 study programmes and is especially famous for its scientific faculties. No less than eleven Nobel Laureates in Medicine, Chemistry and Physics are associated with the university.

The beautiful, historic campuses are situated right in the city centre, where the student vibe can be constantly felt. Especially popular is the old botanical garden, simply called "Bota", located next to the main campuses. During the day, the park is used for playing sports or having a picnic and on warm summer nights, cosy get-togethers and barbecues are scattered across the park.

Attractions in Tübingen

Some of the museums and attractions

- **Marktplatz Tübingen** (big market place surrounded by buildings of the 15th and 16th century)
- **Alter botanischer Garten** (botanic garden, 17th century was used as a drill ground for the students of the „Collegium illustre“)
- **Französisches Viertel** (french quartier)
- **Fruchtkasten** (the former granary was built in 1474 and belongs to one of the most beautiful buildings of the city)
- **Rathaus Tübingen** (the town house of Tübingen belongs to one of the most beautiful town houses in Baden-Württemberg)
- **Hölderlinturm and Museum** (Tower and museum, this tower is the town's landmark)
- **Jakobskirche** (this church from the 12th century is situated on the famous "Camino de Santiago")
- **Krumme Brücke und Ammergasse** (this awry bridge goes back to the 14th century and marked the border between the upper and lower town)



Front of river Neckar

source: Verkehrsverein Tübingen Photographer: Barbara Honner

