

ValiDE Travel Book 2024

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

Impressum

Project consortium:

- (1) Pädagogische Hochschule Weingarten, Weingarten/ Germany
- (2) Universitetet i Agder, Kristiansand/ Norway
- (3) Uniwersytet 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

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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:

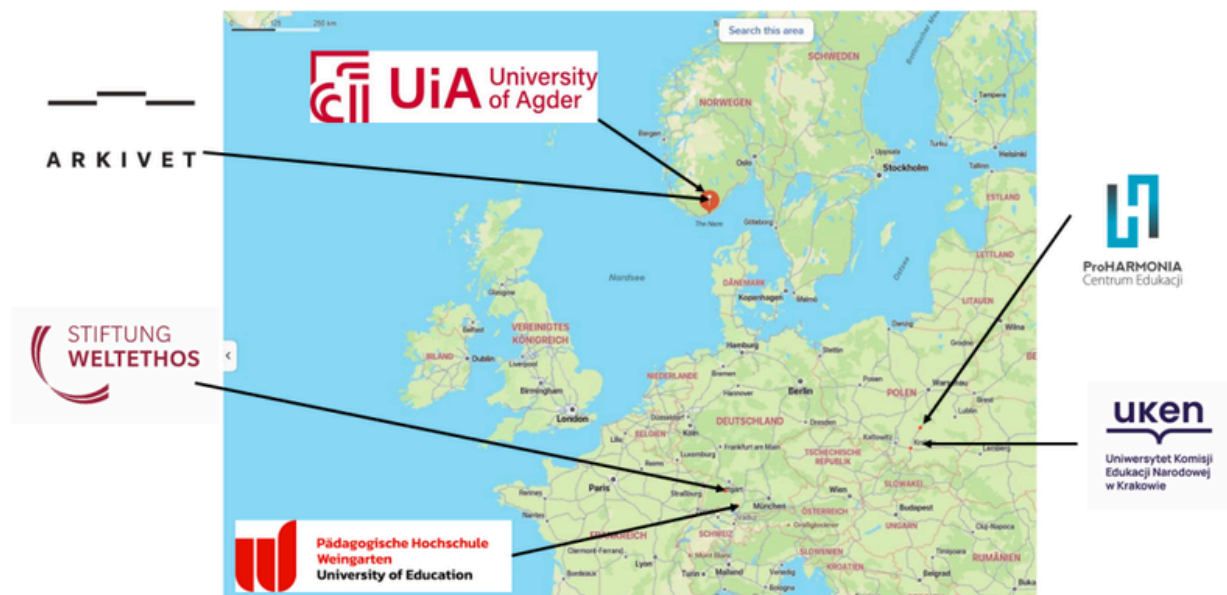
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Project consortium



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



Uniwersytet Komisji
Edukacji Narodowej
w Krakowie

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



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



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



<https://proharmonia.org/>



ARKIVET

<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)

- ☐ Check travel documents
- ☐ Check your medical insurance and the travel insurance
- ☐ Check travel guidelines
- ☐ Prepare needed study equipment
- ☐ Prepare for delayed luggage
- ☐ Cash payment and payment with card
- ☐ Cups, towels, warm clothes etc.
- ☐ Prices in other countries and personal budget tips

FAQs *(for more details)*

What travel documents do I need?

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.

What do I need to consider regarding medical issues?

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.

What do I have to consider when traveling?

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.

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.)

IMPORTANT! The flights with 10 and more students have been booked as group flights. Therefore, it is important that you check in as a complete group. You can use a **separate check-in counter** for this.

FAQs *(for more details)*

Please take care of each other. This means respecting the needs and boundaries of others and knowing your own limits to avoid conflicts (e.g., alcohol consumption, pre-existing conditions, or any acute illnesses).

What equipment do I need to work with?

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 check-in luggage! Also remember to bring charging cables and other writing utensils.

What equipment might I need in the accommodations?

You will stay in 2- to 5-person-rooms in student residences, youth hostels, and similar accommodations. Think about e.g., earplugs and facemasks. Here are some more important points to keep in mind:

You will need **towels** for the youth hostel, especially in Kielce, Tübingen and Ravensburg, so remember to pack some!

In September/October, the weather can vary greatly, being warm or 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 for cooking. Please pack **cups, plates, and cutlery** in your checked luggage if possible. Alternatively, you can purchase plastic crockery locally. You will also need them in Norway.

At the City Box Lite Hotel in Kristiansand (Norway), there is a communal kitchenette available with a microwave, a sink, a refrigerator, and a kettle that you can use. At the accommodation in Kristiansand, you can, for example, have cereal or bread for breakfast, or an instant soup for dinner.

FAQs *(for more details)*

In Krakow, Poland, as well as in Tübingen and Ravensburg, Germany, breakfast is included.

Which payment methods can I use?

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.

What are the prices in the respective countries?

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"). Suitable here are all dry food products that can be prepared with a microwave or a kettle or don't need to be heated at all.

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.

What should I do if I get sick?

If you are sick and cannot attend the workshops, **please inform the person responsible for that week**. If you need medical assistance, you can also contact them. It is also possible to withdraw from the project due to illness. It is important that you notify us in a timely manner so that we can respond accordingly. Otherwise, **attendance is mandatory for all workshops and activities**.

A document with information about the travel insurance will be uploaded in English and German on MS TEAMS. *(we are trying to get these also in Norwegian and Polish)*

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 2024:

- 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)

More Questions?

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

A copy of your tickets will be uploaded on MS Teams.

If you are unable to take part at the exchange program for any reason 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



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:

- **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.*

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 University of the National Education Commission Krakow (incl. school visit and Schindler-Museum)

2nd Week Norway

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

3rd Week Germany

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

More information about travel, accommodation and cities see the next pages. The schedule for each week will be found on MS TEAMS.

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

The German and Norwegian students will travel by plane to Poland. In Amsterdam both groups will take the same flight to Warsaw. From Warsaw, they will continue their journey together by FlixBus to Kielce.

It is important that the respective **groups check-in together** at the airport in Stuttgart (UEW students) and Kristiansand (UIA students). The group of UEW students can check-in at a separate (priority) check-in counter.

For all: In Amsterdam you only have to go to the gate of your flight. No separate check-in.

Trip 1.1: Stuttgart - Amsterdam - Warsaw (UEW students)

Saturday, 14.09.24 - Travel by airplane

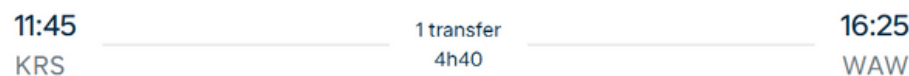
- KLM Cityhopper: KL1830 Stuttgart - Amsterdam; **11:00 - 12:30**
- KLM: KL1315 Amsterdam - Warsaw; **14:30 - 16:25**



Trip 1.2: Kristiansand - Amsterdam - Warsaw (UIA students)

Saturday, 14.09.24 - Travel by airplane

- KLM Cityhopper: KL1186 Kristiansand - Amsterdam; **11:45 - 13:15**
- KLM: KL1315 Amsterdam – Warsaw; **14:30 - 16:25**



Trip 1.3: Warsaw - Kielce (UEW and UIA students)

Saturday, 14.09.24 - Travel by FlixBus (Green Travel!)

- FlixBus: Warsaw Airport - Kielce Bus station; **18:50 - 20:50**

14 Sept

DIRECT TRIP

Warszawa, Port Lotniczy Warszawa 18:50
(im. F. Chopina)

Kielce, dworzec autobusowy 20:50

Trip 1.4: Krakow - Kielce (PUK students)

Saturday, 16.09.24 - FlixBus? Train? ...? Green Travel!

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



Trip 2: Kielce - Krakow (all students)

Monday, 16.09.24 - FlixBus

- FlixBus: Kielce Bus station - Krakow MDA; **18:05 -19:50**

Mon, 16 Sept

DIRECT TRIP

	Kielce, dworzec autobusowy	18:05
	Kraków, Dworzec Autobusowy MDA	19:50

To get to the dormitory, you will need to continue your journey in Krakow by suburban train and/or bus. Another option to reach the dormitory would be to take an **Uber** by yourself.

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

Trip 3: Krakow - Amsterdam - Kristiansand (all students)

Friday, 20.09.24 - Travel by Bus or Uber, Airplane & Taxi

- Bus or Uber: From the Hostel to the Airport Krakow
- KLM Cityhopper: KL1328 Krakow - Amsterdam; **14:25 - 16:25**
- KLM Cityhopper: KL1189 Amsterdam - Kristiansand; **21:35 – 23:00**
- Maxibus or Maxitaxis: From the Airport to the Hotel Citybox Lite

 KLM Cityhopper

14:25
KRK

1 transfer
8h35

23:00
KRS

Travel information (4) - Transfer to Tübingen (Germany)

Trip 5: Kristiansand - Amsterdam - Stuttgart - Tübingen (all students)

Friday, 27.09.24 Travel by Bus, KLM, Bus or Train & walking

- Bus: From the Hotel Citybox Lite to the Airport Kristiansand
- KLM Cityhopper: KL1186 Kristiansand - Amsterdam; **11:45 - 13:15**
- KLM Cityhopper: KL1833 Amsterdam - Stuttgart; **16:25 - 17:35**
- Bus or Train (Deutsche Bahn): From the Airport Stuttgart to Tübingen (*see option 1 and 2 below*)
- Walk to the Youth Hostel in Tübingen (15min)

Option 1: By Bus

We would recommend taking the **Bus 828 or X82** to Tübingen Hbf.

Option 1a)

18:18 - 19:31 | 1h 13min

Bus 828	
Stuttgart Flughafen/Messe (SAB), Leinfelden-Echter	Hauptbahnhof, Tübingen

Option 1b)

18:48 - 19:51 | 1h 3min

Bus X82	
Stuttgart Flughafen/Messe (SAB), Leinfelden-Echter	Hauptbahnhof, Tübingen

Option 2: By Train

Otherwise you can also take a connection with a train (Deutsche Bahn). There are many connections, mostly with transfers, that you can take to get to Tübingen. You can use the **“Deutsche Bahn” app** to search for a suitable connection.

Useful tip: If you choose the connection via Stuttgart, take the next train/tram (S-Bahn or U-Bahn) you can reach to get to Stuttgart Hbf (main station). You will need every minute you can get for the walk on the platform at Stuttgart Hbf. There is a large construction site with a long walk and many stairs; you should plan for 20-30 minutes to get to the train to Tübingen. There are often train cancellations and disruptions, especially with the S-Bahn.

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

Trip 6: Tübingen - Ravensburg (all students)

Tuesday, 01.10.24 Travel by Train & walking

14:33 from Tübingen Hbf to Ravensburg Bf

- 14:33 - 15:11 **MEX 18** to Osterburken: Leave the train in Plochingen
- 15:56 - 17:36 **RE 5** to Ravensburg: Leave the train in Ravensburg

Walk to the Youth Hostel (25 min): We will pick up your luggage in Ravensburg and transport it to the youth hostel, so you don't have to carry it with you.

Travel information (7) - Transfer home

The Polish and Norwegian students will travel by plane home. The groups have shared transfer until Amsterdam. Both groups will take the same connection (public transfer) to Stuttgart and flight from Stuttgart to Amsterdam. The flights needed to be booked as individual flights. But maybe they will check-in you at a separate (priority) check-in counter.

For all: In Amsterdam you only have to go to the gate of your flight. No separate check-in.

Trip 7.1: Ravensburg - Stuttgart Flughafen (PUK and UIA students)

Friday, 04.10.24 Travel by Train and Bus

- Walk to the train station

08:19 from Ravensburg Bf to Stuttgart Flughafen

- 08:19 - 10:09 **RE 5** to Stuttgart leave the train in Esslingen (Neckar),
 - walk 106m (approx. 3min) to ZOB, Esslingen am Neckar
- 10:20 - 10:59 **Bus 122** to Stuttgart Flughafen/Messe (SAB), Leinfelden-Echterdingen

There is the same connection an hour later, but you should take this connection (to reach the airport in time) because of German public transfer situation.

Travel information (7) - Transfer home

Flight details

Stuttgart ✈ Amsterdam

Friday, 4 October 2024 14:10 - 15:35

Total travel time: 1h25

Stuttgart

14:10

STR

Fri 04 Oct

Stuttgart Airport

✈

Duration: 1h25

Operated by: German Airways

KL1832, Embraer 190

Amsterdam

15:35

AMS

Fri 04 Oct

Amsterdam Schiphol Airport

Trip 7.2: Stuttgart - Amsterdam - Krakow (PUK students)

Friday, 04.10.24 Travel by airplane

- German Airways: KL1832 Stuttgart - Amsterdam; 14:10 - 15:35
- German Airways: KL1187 Amsterdam - Kristiansand; 16:25 - 17:45
- independent transfer home

Amsterdam

20:35

AMS

Fri 04 Oct

Amsterdam Schiphol Airport

✈

Duration: 1h50

Operated by: **KLM** Cityhopper

KL1329, Embraer 195 E2

Krakow

22:25

KRK

Fri 04 Oct

John Paul II International Airport

Trip 7.3: Stuttgart - Amsterdam - Kristiansand (UIA students)

Friday, 04.10.24 Travel by airplane

- German Airways: KL1832 Stuttgart - Amsterdam; 14:10 - 15:35
- German Airways: KL1187 Amsterdam - Kristiansand; 16:25 - 17:45
- independent transfer home

Amsterdam

16:25

AMS

Fri 04 Oct

Amsterdam Schiphol Airport

✈

Duration: 1h20

Operated by: German Airways

KL1187, Embraer 190

Kristiansand

17:45

KRS

Fri 04 Oct

Kjevik

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 (*see more 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 (*schedule*). 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 Krakow and Kielce (Poland)

Meals:

- On the day of arrival, dinner will be provided at the youth hostel in Kielce. 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. Also on free days and travel days, you will need to arrange your own meals. If packed lunches are provided, it will be indicated in the weekly schedule.
- In your hostel Krakowiak in Krakow breakfast is included. Other meals like lunch or dinner have to be individually organized. Some of them are centrally organized.

Other:

In Kielce you will need your own towels as well as a cup, cutlery and plates.

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:

The rooms in the accommodation have single beds, double beds, and bunk beds. Make sure that the distribution of rooms and beds is acceptable for everyone. If not, please ask the reception for an alternative solution. Also you don't need to bring your own towels.

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. Ask for an earlier breakfast on 04.10. to catch the train.

Other:

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

**“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
Erasmus+ Programme
of the European Union



Uniwersytet Komisji
Edukacji Narodowej
w Krakowie



ProHARMONIA
Centrum Edukacji

**“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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of the European Union

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

Good to know

Climate

Poland has a temperate climate with hot summers and cold winters. Temperatures range from -20 °C in winter to +30 °C in summer. The coldest period is usually in 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 with round two-pin sockets.

Money

Poland uses the Zloty (PLN), marked as zł. Cashless transactions are common, and credit or debit cards can be used almost everywhere.

Internet

Internet access is widely available and typically free in Poland, with most cafés and restaurants offering Wi-Fi.

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

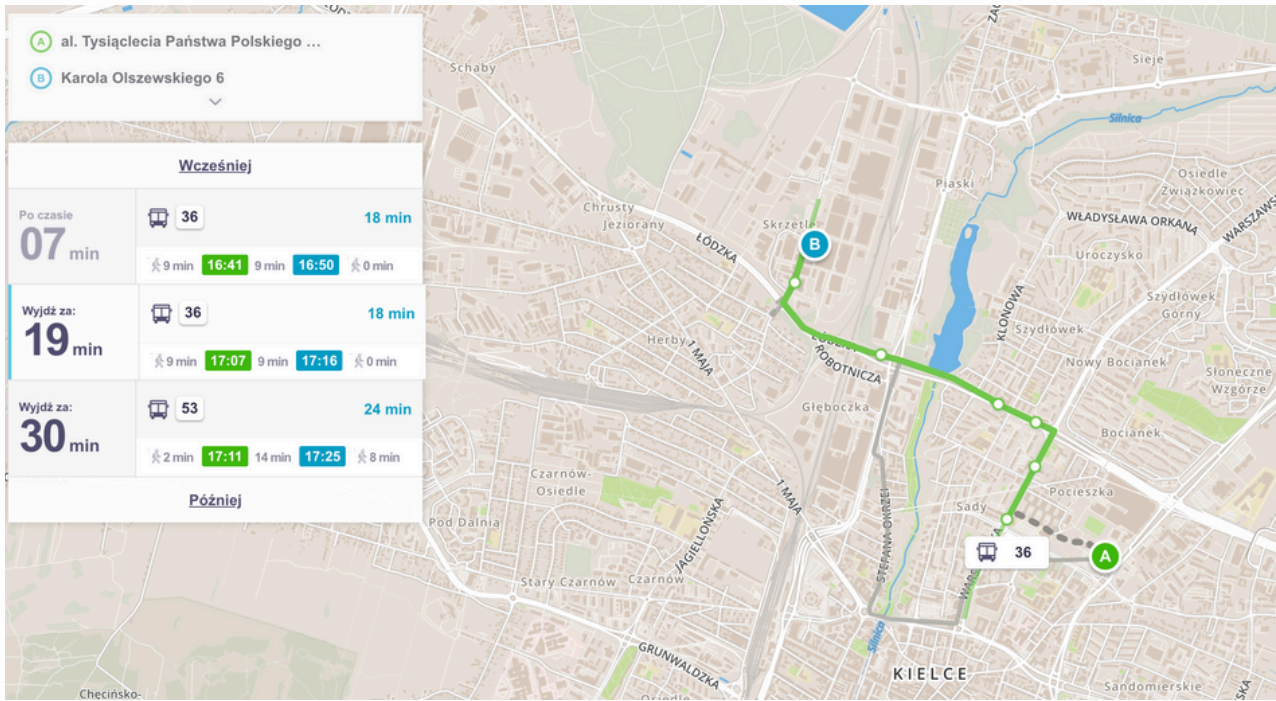
The legendary origins of Kielce date back to the Middle Ages. In the forests of the present Świętokrzyskie Voivodeship, Prince Mieszko, son of Bolesław the Bold, was hunting when he was attacked by robbers. After defeating them, he drank poison disguised as water but was saved by a miraculous stream revealed by Saint Adalbert. The water quenched his thirst and washed away the poison. Grateful, Mieszko promised to build a castle and a church, leading to the founding of the settlement named Kielce, after the white fangs he found in the area.



<https://podroze.onet.pl/kielce-jak-powstalo-miasto/yh40l60>

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 former capital of Poland, now a cultural and spiritual hub. Known for its rich history and modern business, Krakow attracts tourists with its festivals, concerts, and theatre performances. As the second largest city in Poland and a university center, it symbolizes tradition and youth. The city's Old Town features Europe's largest medieval market square and the fairy-tale Wawel Castle overlooking the Wisła River. With nearly 800 pubs and restaurants and around 120 churches, Krakow offers vibrant nightlife and significant religious sites, including those associated with John Paul II.



University of the National Education Commission 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>

University of the National Education Commission 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

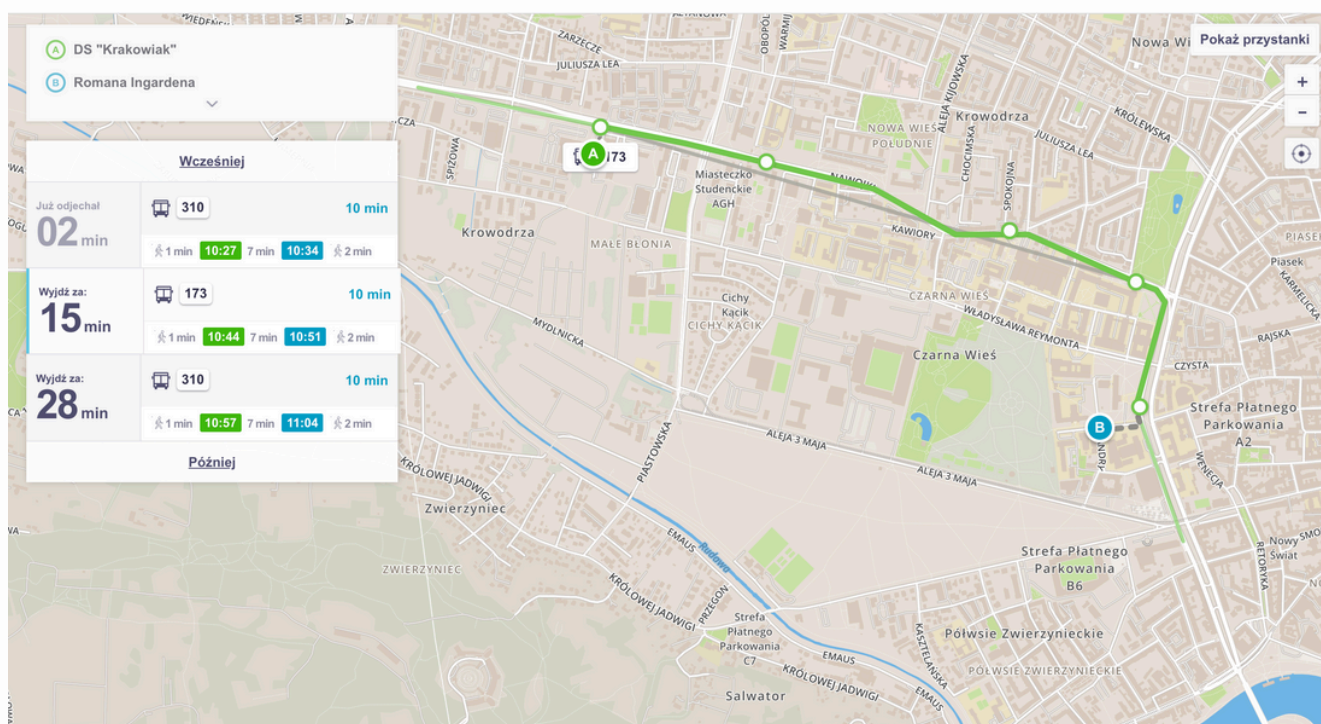


<https://www.up.krakow.pl/student/domy-studenckie/ds-krakowiak>

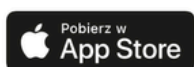
University of the National Education Commission Krakow

Here we will present the most favorable connections from your accommodation (DS Krakowiak) to the University of the National Education Commission Krakow.

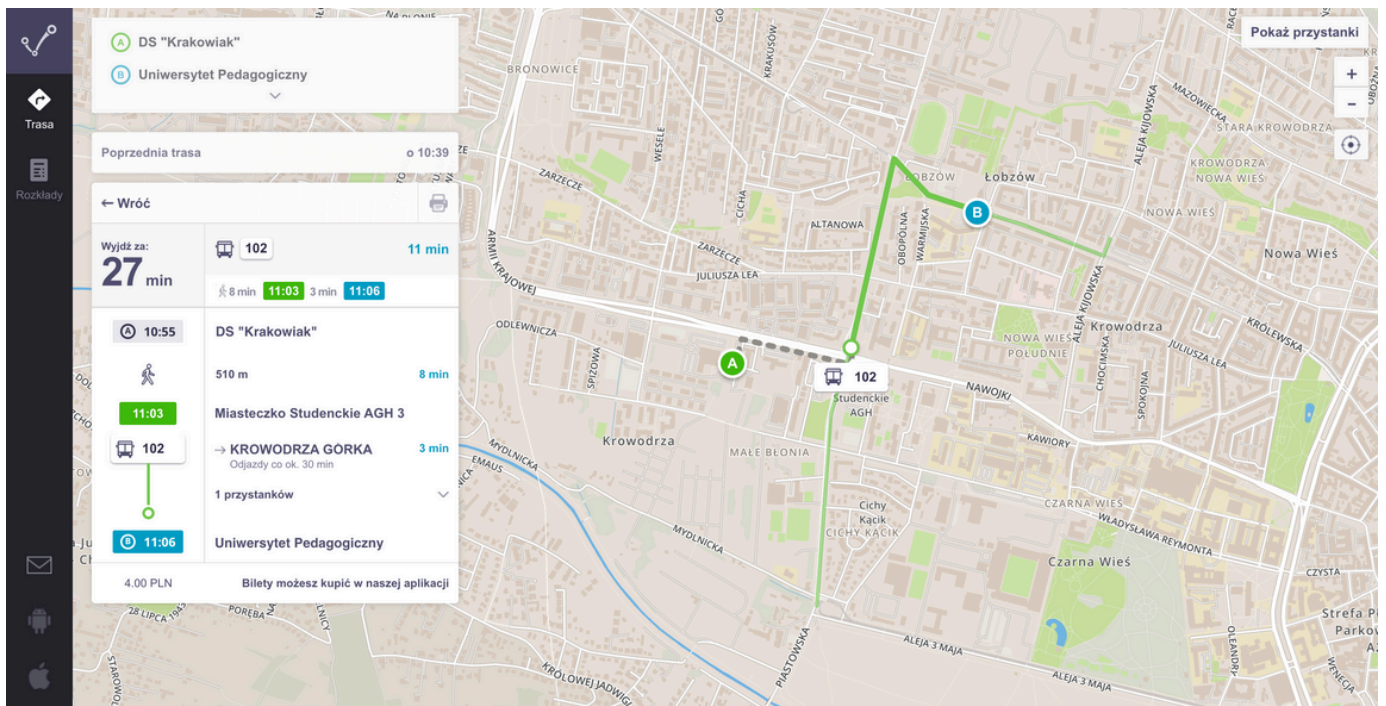
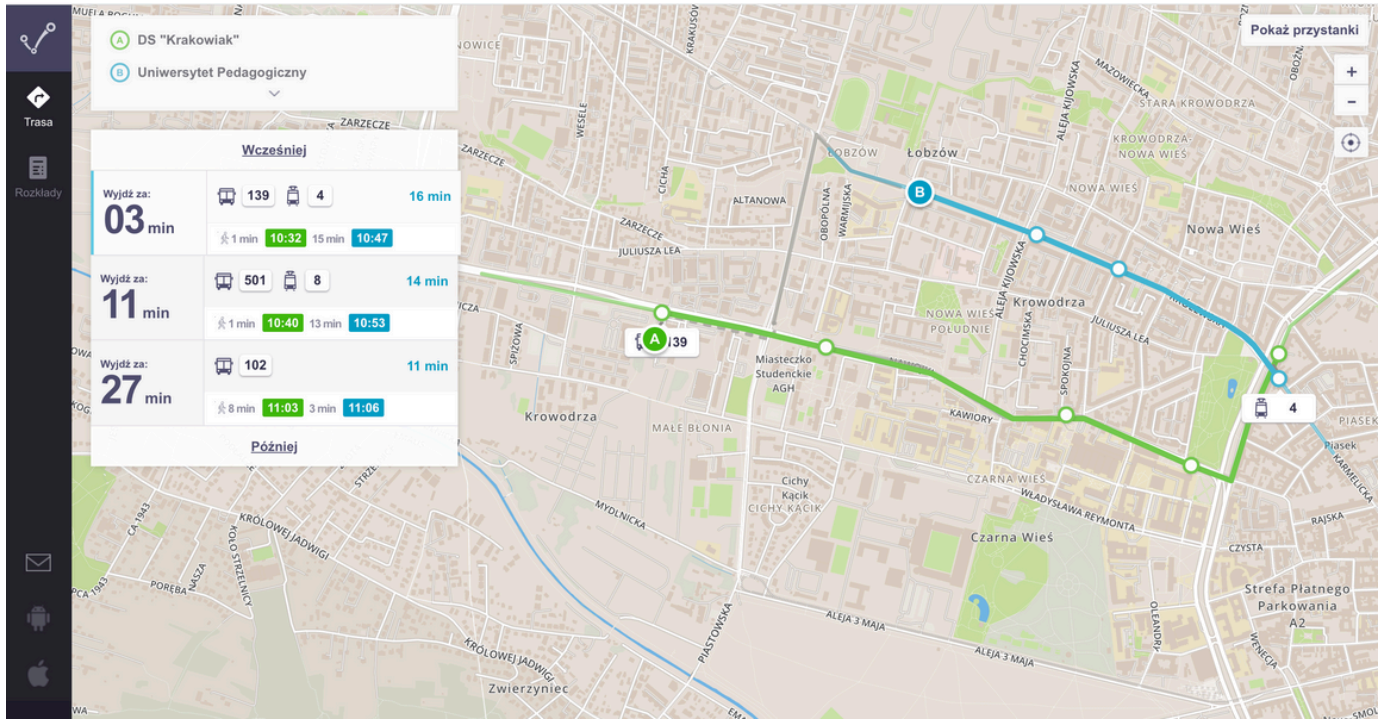
2 Location University building - 4 Ingarden Street



Ruszaj w drogę
z Jakdojade



University of the National Education Commission Krakow



Attractions in Krakow

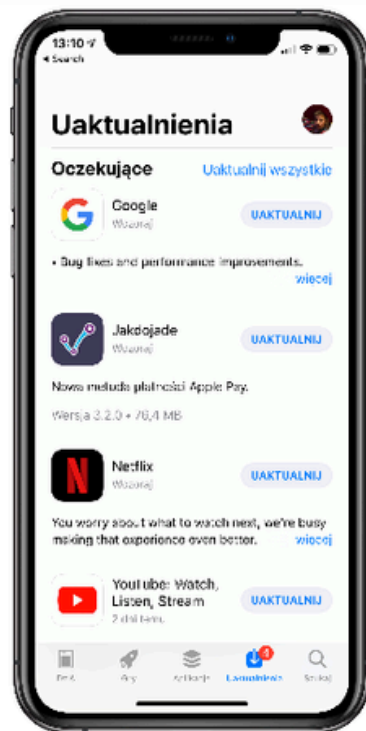
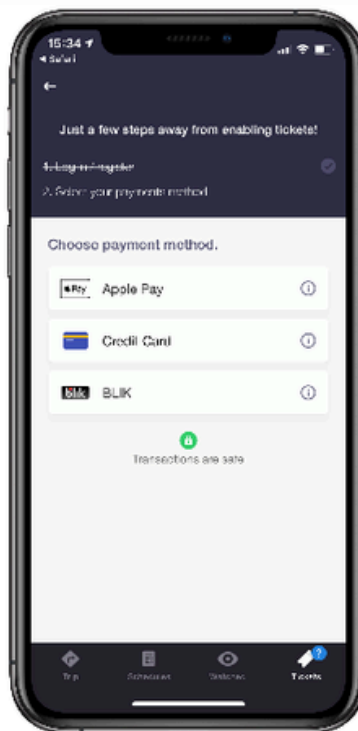
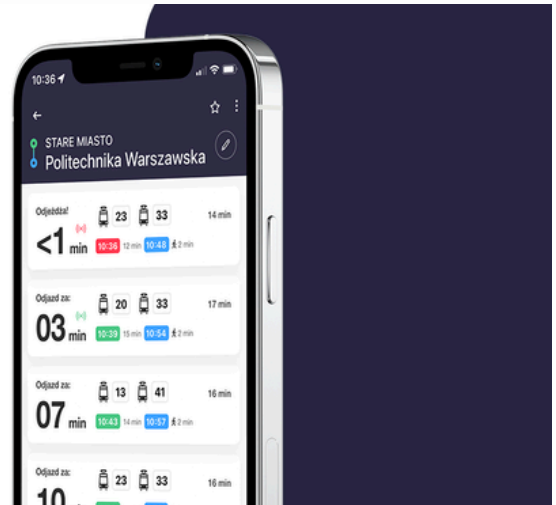
Some of the museums and attractions

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>

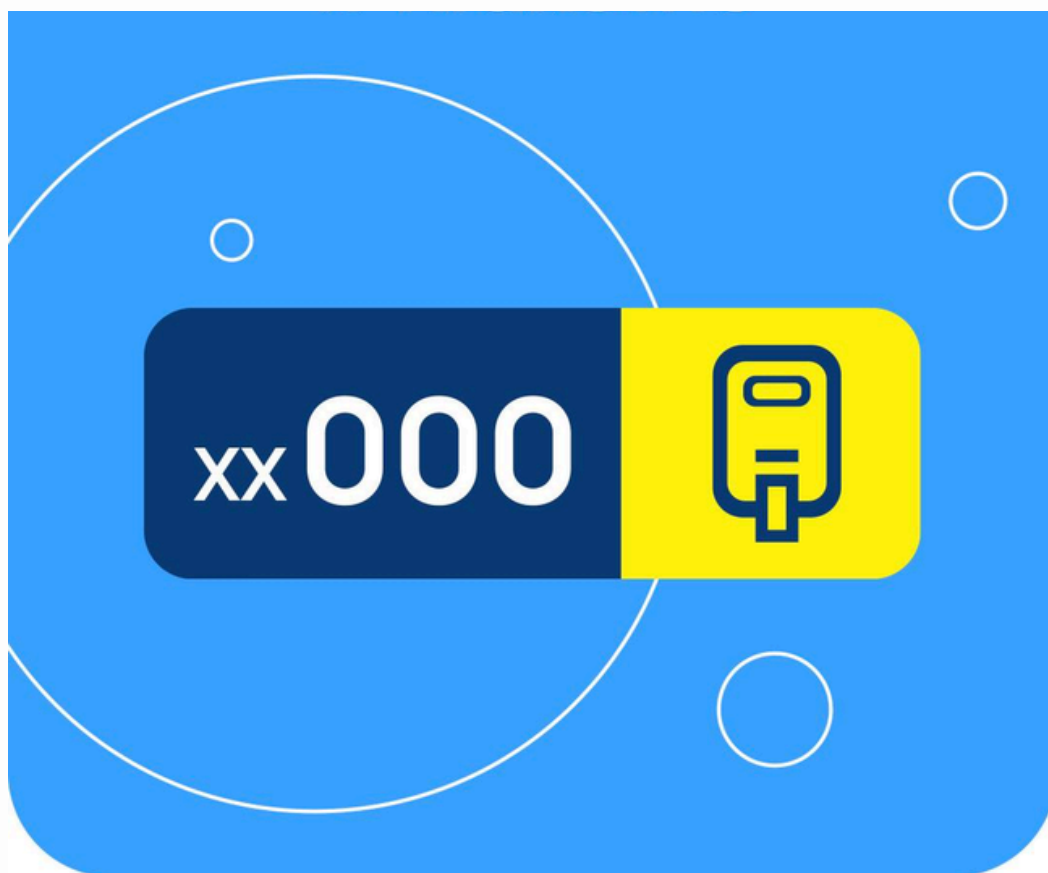
A useful application

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)

Average 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.kolejmalopolskie.com.pl/>

Your notes

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

Guide for students visiting 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

Good to know

Climate

Norway has a moderate climate with warm summers and cold winters. Average temperatures are around 3°C in winter and 18°C in summer. The coldest weather occurs in January and the warmest in July. September mornings and evenings in Southern Norway can be chilly, even if the day is sunny and warm.

Local time

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

Electricity

Electricity in Norway is 230V, 50Hz AC with round two-pin sockets.

Money

The currency in Norway is the Norwegian Krone (NOK). Exchange rates can be checked online. Norwegians rarely use cash; debit and credit cards are accepted almost everywhere. 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

+ 47

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



Images: mazemap.com; uia.no

Image: MazeMap

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?

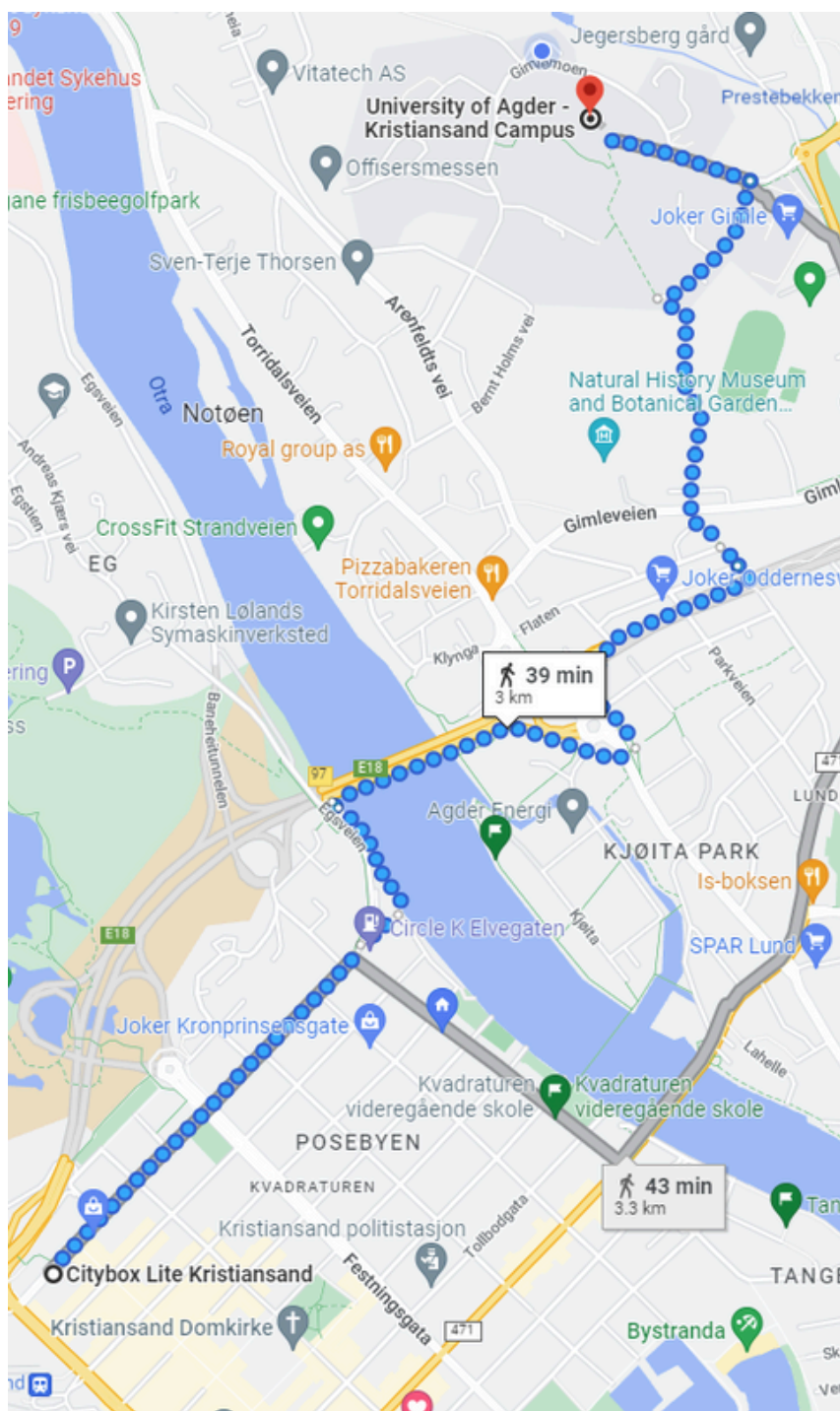


Image: maps.google.com

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 small city with about 95,000 residents. In summer, people enjoy walks, hikes, hammock and camping trips, kayaking, swimming, and boating.

Here are some popular attractions:

- Zoo "Dyreparken"
- Frisbee golfpark "Bølgane"
- Swimming pool and spa "Aquarama"
- Outdoor climbing park "Høyt & Lavt" (with zip lines and tree climbing)
- Climbing gyms: "Sørlandet Klatresenter" and "Klatreverket"
- Dock "Fiskebrygga" (seafood, ice cream, and fish market)
- City beach "Bystranda"
- Recreational areas: Jegersberg, Baneheia, and Odderøya
- City center: "Markens gate" (shopping street) and "Torget" (marketplace with a beautiful church)

For more attractions, visit www.visitorsorlandet.no. Feel free to ask UiA staff for recommendations or to plan group outings on your free Saturday.

Vi håper at dere vil trives her!

=

*We hope that you will enjoy
yourselves here!*



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. Initially, it was used by German air defense soldiers. From 1942 to 1945, the Gestapo took over and used it as their regional headquarters, known as the "house of horror." The Gestapo, led by Hauptsturmführer Rudolf Kerner, established cells and torture chambers, using ARKIVET as a police station for the German security police. Detainees from the region were brought here for questioning, with their stays lasting from a few hours to up to four weeks. During this period, 311 prisoners, mostly aged 20-45, were tortured at ARKIVET, often with Norwegian assistance.

Ole Wehus, one of the most notorious informants, stated during his treason case that everyone employed at ARKIVET during the war was aware of the tortures. Despite many Norwegian employees contributing to the abuse, only Wehus was sentenced to death after the war.

Resistance members were also imprisoned during World War II, with more than 44,000 Norwegians held in camps and prisons, both in Norway and abroad. From the Agder counties, 730 individuals were involved, often disappearing without a trace in "night and fog" operations. Outside the old entrance at Vesterveien 4 stands a bust of Major Arne Laudal, a Milorg leader who was arrested, tortured at ARKIVET, and later executed in 1944.



Image: arkivet.no

After the war ended ...

in 1945, the Home Force took over ARKIVET before it once again became a State Archive. ARKIVET housed 3500 shelf meters of archive items for about 30 years until space became an issue, leading to the construction of new premises scattered around the city. ARKIVET remained a State Archive until 1997. When the State Archives moved, Sørlandet Krigsminneforening formed an action committee to prevent ARKIVET from being sold on the open market. This committee became the Foundation Arkivet in 1998. After extensive restoration, the center for history dissemination opened on May 8, 2001.

Nowadays ...

ARKIVET arranges guided tours through various exhibitions, participates in local and regional events, and organizes both large and small events in-house and at external locations.

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



Your notes



**Pädagogische Hochschule
Weingarten**
University of Education



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

Guide for visiting Germany



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

Dictionary/Language

GR	PRONUNCIATION	ENG
Guten Tag!	[ˌɡʊtŋ ʦa: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	[ja:]	Yes
Nein	[naɪ̯n]	No
Zum Wohl!	[ˈtsum ˈvo:l]	Cheers/ Bless you!
Ich weiß es nicht	[ɪç vaɪ̯s ɛs nɪçt]	I don't know
Wie viel kostet das?	[viː ʃi:l ko:stət das]	How much does this cost?
Wie heißt du?	[viː haɪ̯t du:]	What's your name?
Ich spreche kein Deutsch	[ɪç ʃpɾɛçə kaɪ̯n dɔɪ̯tʃ]	I don't speak German

Good to know

Climate

Germany has a moderate climate with warm summers and cold winters. Average temperatures are around 3°C in winter and 18°C in summer. The coldest weather occurs in January and the warmest in July.

Local time

Germany is in the Central European Time (CET) zone (GMT+1hr), with summer time (GMT+2hrs) from the last Sunday of March to the last Sunday of October.

Electricity

Electricity in Germany is 230V, 50Hz AC with round two-pin sockets.

Money

Germany uses the Euro (€) as its currency. It is recommended to have cash, especially for small amounts (less than €10). Credit and debit cards are widely accepted.

Internet

Internet access is widely available and typically free in Germany, with most cafés and restaurants offering Wi-Fi.

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

source: www.ph-weingarten.de



Global Ethic Foundation (Stiftung Weltethos)



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 goals of: (1) Promoting intercultural and interreligious research, (2) Implementing educational work, and (3) Creating opportunities for interreligious and intercultural encounters. This is based on the belief of its founder, Prof. Dr. Hans Küng, that global peace requires religious dialogue and ethical standards.

The GEF remains neutral and independent in its worldview. Through educational programs and promoting intercultural meetings, GEF communicates common values and finds common ground among diverse backgrounds. It has profound knowledge of world religions and their significance, gained from decades of research by Prof. Küng and collaborators. The foundation employs 20 staff in Tübingen and works with freelancers in Germany and other countries. There are independent "Weltethos" initiatives in Austria (www.weltethos.at) and Switzerland (www.weltethos.ch).

A central challenge of modern European society is facilitating the peaceful coexistence of people from different cultural backgrounds and religious traditions. GEF operates on the premise that common values, not just laws, are essential for successful politics and life in a diverse society. It is the responsibility of individuals to act in accordance with these values.

Check out the QR code for a quick explanation video of the Global Ethic Foundation.

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 center of Upper Swabia, with historic roots as a service and commercial hub dating back to the Middle Ages. This is evident in its medieval city center with Gothic patrician houses, sacred buildings, gates, towers, and city wall remnants. Veitsburg castle, situated above the city, was the ancestral seat of Guelfic dukes and later owned by the Hohenstaufen dynasty. Under their rule, Ravensburg became the most important city between the Danube and Lake Constance and an imperial city. The Youth Hostel in Veitsburg castle is located on a hill about 500 meters from the city center. It is a 25-minute walk from the main train station via Eisenbahnstraße, Marienplatz, Marktstraße, Obertor, and a stairway or the **new barrier-free switchback** to Veitsburg. All rooms have sinks and toilets, and Wi-Fi is available 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 the 2nd of October 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.



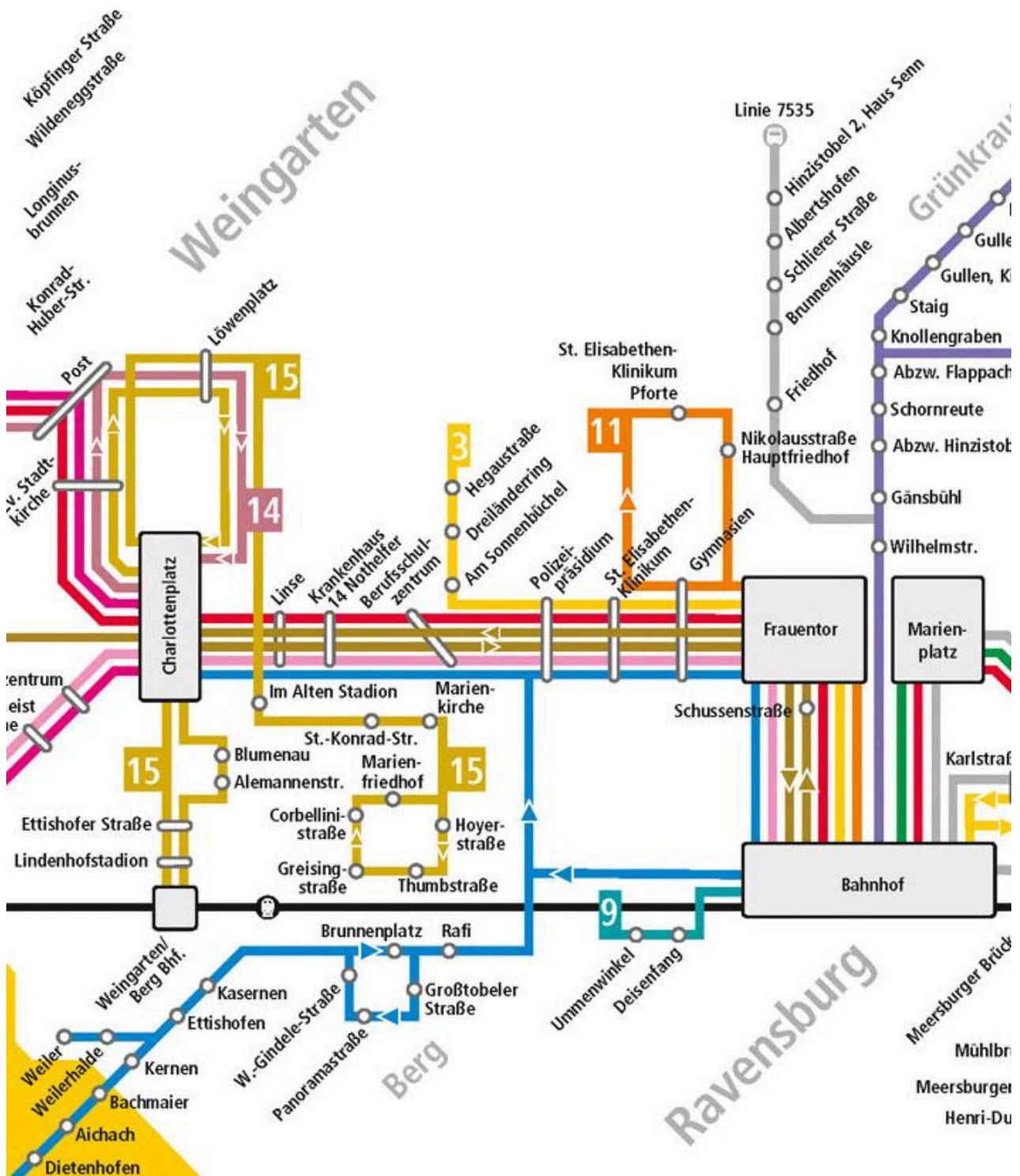
2,9★

629 Rezensionen

100.000+

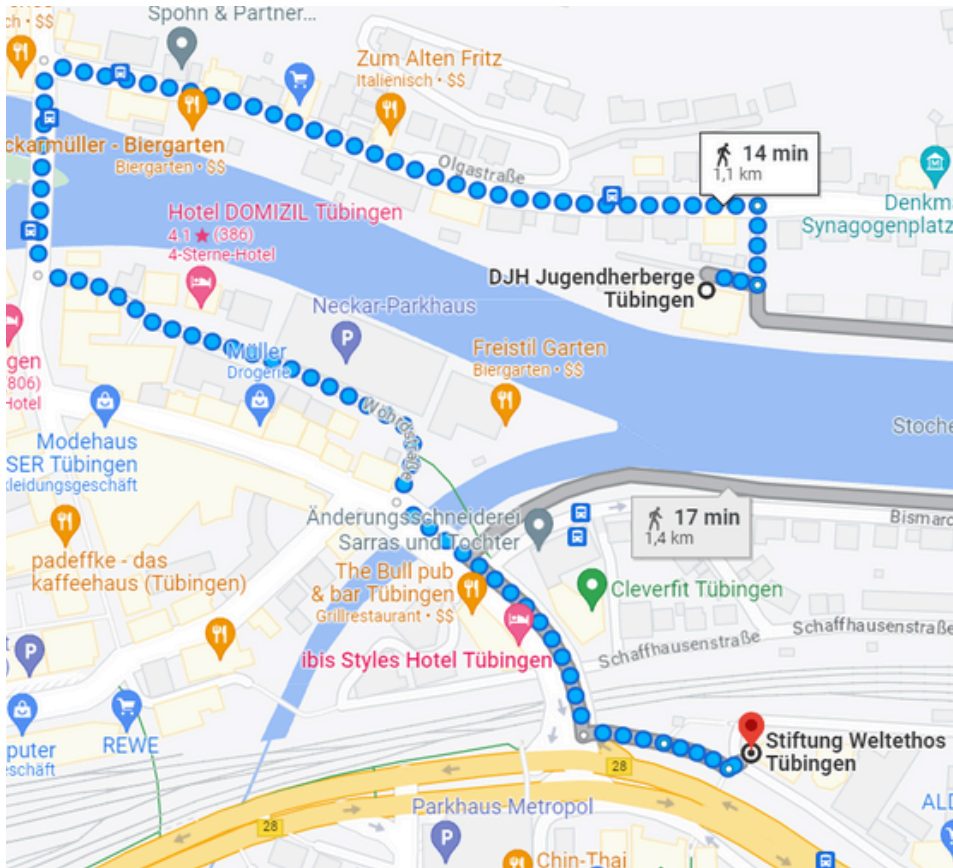
Downloads

USK ab 0 Jahren



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 located between Lake Constance and Allgaeu with scenic views of the Alps. Historically a major medieval commercial center, it is now a lively economic hub of Upper Swabia with 50,000 residents and an attractive holiday destination. Once a Free Imperial City in the Holy Roman Empire, Ravensburg is also home to the famous Ravensburger games company, known for its jigsaw puzzles.

The Towers of Ravensburg

Most of the historic towers and town walls date from the 14th and 15th centuries. Originally, the fortifications stretched only to present-day Marienplatz but expanded as the town grew.

Notable towers include:

- **Obertor:** The oldest tower.
- **Mehlsack:** The tallest tower at 51 meters, located on the southeastern edge of the old town.
- **Blaserturm:** Almost as high as Mehlsack, it stands in the city center. The 212 steps to the lookout point can be climbed in the summer months. Mehlsack is open for climbing on weekends in August and September.

Exploring the Old Town

"Marienplatz" is the ideal starting point for exploring Ravensburg. Visit bustling "Bachstraße" with its stream or the restored "Marktstraße." Ravensburg offers a wide choice of stores, boutiques, and shops. The pedestrian areas are perfect for a leisurely stroll, and you can combine shopping with a tour of the historic old town, available every Wednesday and Saturday. The town center is easily accessible from eight car parks or 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, situated in the Schussen River valley. Along with Ravensburg and Friedrichshafen, it forms one of 14 medium-sized infrastructural centers in Baden-Württemberg. The town hosts the University of Applied Sciences of Ravensburg-Weingarten and the Pedagogical University of Weingarten.

Weingarten Abbey

Weingarten Abbey, or St. Martin's Abbey, is a Benedictine monastery on St. Martin's Mount. The abbey and St. Martin's Basilica are key attractions on the Upper Swabian Baroque Route. Built between 1715 and 1724 in the Italian-German Baroque style, the church is the largest Baroque church in Germany and is known as the "Swabian St. Peter's" due to its size, being half that of St. Peter's Basilica in Rome. The church houses the famous Gabler Organ, built between 1735 and 1750, with over 6,600 pipes.

Relic of the Holy Blood of Jesus

The greatest treasure of Weingarten is the relic of the Precious Blood, preserved in the church. According to legend, Longinus, the soldier who pierced Jesus's side, caught some of the Sacred Blood and buried it in Mantua.

Blutritt in Weingarten

The Blutritt, held on the Friday after Ascension Day, is the largest equestrian procession in Europe. First mentioned in 1529, it involves the "Rider of the Holy Blood" carrying the relic through Weingarten and the surrounding areas. The event is a traditional pilgrimage for men.

Attractions

List of museums and attractions

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



Inside the Basilika of Weingarten
source: Wegweiser Weingarten 2016



Münsterplatz Weingarten
source: Wegweiser Weingarten 2016



Muesum im Schloßle
source: Wegweiser Weingarten 2016



City view of Weingarten
source: Wegweiser Weingarten 2016

Tübingen

Welcome to Tübingen!

Tübingen is a quaint town near Stuttgart known for its Swabian traditions and youthful population, thanks to its many students, which give it an average age of around 40 years. The town boasts charming medieval houses and a highly regarded university. One of Tübingen's main landmarks is the row of colorful, narrow houses along the River Neckar, including Hölderlin's Tower, where poet Friedrich Hölderlin lived until his death in 1843. The town is known as the city of poets and thinkers, with historical figures like Ludwig Uhland and Hermann Hesse spending time here. A popular memory of Goethe's visit is marked by a sign stating "Hier kotzte Goethe" ("This is where Goethe puked").

The lovingly restored medieval town center with its decorative facades and narrow alleys invites visitors to stroll. The market square is especially pretty, featuring the town hall with a facade of paintings and an astronomical clock. Throughout the year, the square hosts various markets, including Germany's biggest chocolate festival, ChocoART, as well as the Umbrian-Provencal market and the Christmas market.

Castles of Tübingen and Hohentübingen

Tübingen's castle, located on one of the town's many hills, offers superb views over the town and surrounding areas, with parts of the Swabian Alps visible on clear days. Schloss Hohentübingen, first mentioned as a fort in 1078, now hosts university institutes and a museum about ancient cultures.

Eberhard-Karls University

The town is primarily known as a student town, home to the internationally renowned Eberhard-Karls University, founded in 1477. Awarded the title of "Elite University" in 2012, it offers about 30 study programs and is famous for its scientific faculties. Eleven Nobel Laureates in Medicine, Chemistry, and Physics are associated with the university. The historic campuses are situated in the city center, where the student vibe is always present. The old botanical garden, simply called "Bota," is popular for sports, picnics, and summer gatherings.

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

Your notes