



# ValiDE Travel Book 2022

*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 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

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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/>



**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



# Checklist for the journey

To be well prepared, take a look at this personal checklist ranging from luggage options to the local weather forecast. Travelling during the COVID-19 pandemic requires more preparation than you are probably used to.

## 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 departure, transfer, and destination
- your nationality
- your country of residence

First check the document type you need to travel and whether you need a passport or visa, or other travel documents.

Read all about testing, vaccination, health declarations, and entry requirements. A COVID-19 document check is also needed.

## 2. 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.

## 3. Check travel guidelines

You will travel by bus, train and flight. Read all about the (hygiene) measures, face masks, and what you can expect on board. You will get further information to the maximum size and weight of your luggage. 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.

## 4. Study equipment

You will have to take your notebook, tablet or whatever you need to work, with you. **Notebooks need to be carried in your hand/cabin luggage.** Airlines do not allow notebooks in hold (checked-in) luggage!

## 5. Prepare for delayed luggage

The situation at airports is very difficult at times, due to missing ground personnel distributing the checked-in 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.

# Travel Guidelines

## 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

7 kg 42 x 30 x 18cm

### 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. Travelling during the COVID-19 pandemic requires more preparation than you are probably used to.

## 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

- 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.

*Attention: Due to the COVID-19 pandemic wearing a face and nose mask in public transportations in Germany is still obligatory!*

## 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

*Flights Krakow - Kristiansand and Kristiansand - Krakow are with Norwegian Airlines.  
The flight Kristiansand - Stuttgart is with KLM.*

**Norwegian Air** (<https://www.norwegian.com/en/travel-info/baggage/>):

Checked baggage allowances

- Each bag must not exceed 250 x 79 x 112 cm (L x H x W), with a maximum weight of 23 kg.

Your hand baggage can have a combined weight of up to 10 kg.

- 1 item of hand baggage with a maximum size of 55 x 23 x 40 cm;
- 1 accessory (such as a small handbag or laptop bag) with a maximum size of 30 x 20 x 38 cm.

**KLM Royal Dutch Airlines** (<https://www.klm.de/en/information/baggage/>):

Checked baggage allowances

- 1 item of checked baggage, up to 158 cm (length + width + height) including handles and wheels and with a maximum weight of 23 kg.

Your hand baggage can have a combined weight of up to 12 kg.

- 1 item of hand baggage with a maximum size of 55 x 35 x 25 cm including handles and wheels;
- 1 accessory (such as a small handbag or laptop bag) with a maximum size of 40 x 30 x 15 cm.

*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.*

Check out these QR-codes for more travel information



FlixBus



norwegian air



KLM Royal  
Dutch Airlines

*For organisational questions contact Marion Susanne Visotschnig  
([marion.visotschnig@ph-weingarten.de](mailto:marion.visotschnig@ph-weingarten.de))*

## Your travel information (1)

### Trip 1: Krakow - Ravensburg

Saturday 10th September

FlixBus N913 Prague UAN Florenc

Departure: 22:15 Kraków Bus Station MDA

Arrival: 06:00 Prague UAN Florenc

FlixBus 063 Freiburg i. Br.

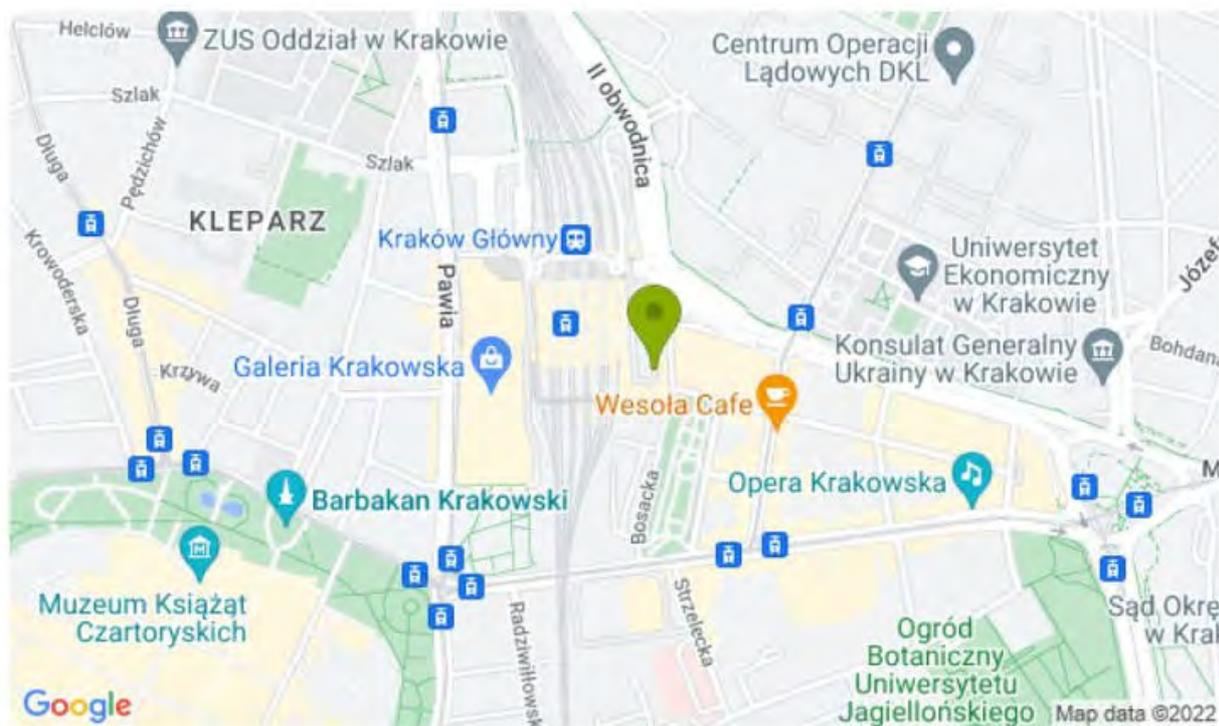
Departure: 09:30 Prague UAN Florenc

Arrival: 18:10 Ravensburg Bf (Escher-Wyss-Straße)

### Your departure station in Krakow

Bus station Krakow, ul. Bosacka 18, 31-505 Kraków

national departures from bus platforms G1-G6+G5, international departures from bus platforms G10-G13.



### Your departure station in Prague

Křižíkova 2110/2b, Florenc, 186 00 Prag (Praha)

Nástupiště/platform 12

## Your travel information (2)

### Trip 2: Weingarten - Tübingen

**Wednesday 14th September**

Bus to Ravensburg Main Station

Departure: Weingarten Post (Bus no. 1) 16:00 to Ravensburg Hofgut, leave the bus at Ravensburg Bahnhof

Trains to Tübingen

Departure: 16:50 Ravensburg (RE 5/RE 4240 to Stuttgart), platform 2, leave the train in Plochingen

Arrival: 18:41 Plochingen, plattform 3

Departure: 19:14 Plochingen (RE 12/RE 19239), platform 9

Arrival: 19:53 Tübingen Hbf (central station)

### Trip 3: Tübingen - Krakow

**Saturday 17th September**

FlixBus 101 Munich central bus station

Departure: 14:40 Tübingen Hbf (central station)

Arrival: 18:35 Munich central bus station

FlixBus N899 Kraków Czyżyny

Departure: 21:50 Munich central bus station

Arrival: 10:15 Kraków MDA



### Your departure station in Tübingen

Tübingen central station, Europastraße 72072 Tübingen. Attention: the bus departs 30 meters northwards away from the old bus stop.

## Your travel information (3)

### Trip 4: Krakow - Kielce

**Wednesday 21th September**

Train to Kielce

Departure: Krakow Główny 14:16 (R 32314 to Ostrowiec Świętokrzyski), platform IV/6

Arrival: 16:12 Kielce

### Trip 5: Kielce - Krakow

**Friday 23th September**

Train to Krakow

Departure: 18:35 Kielce (R 23321 to Krakow Główny)

Arrival: 20:37 Krakow Główny

### Trip 6: Krakow - Kristiansand

**Sunday 25th September**

Flight 1: Krakow – Oslo (Norwegian Air, DY 1041)

Departure: 10:20 Krakow

Arrival: 12:25 Oslo

Flight 2: Oslo – Kristiansand (Norwegian Air, DY 0276)

Departure: 15:50 Oslo

Arrival: 16:40 Kristiansand

### Trip 7a: Kristiansand - Stuttgart

**Sunday 2nd October**

Flight 1: Kristiansand – Amsterdam (KLM, KL 1208)

Departure: 11:35 Kristiansand

Arrival: 13:10 Amsterdam

Flight 2: Amsterdam – Stuttgart (KLM, KL 1875)

Departure: 16:25 Amsterdam

Arrival: 17:40 Stuttgart

*Information: You will receive snacks on the plane (sandwiches or chips and drinks).*

## Your travel information (4)

### Trip 7b: Kristiansand - Krakow

#### Sunday 2nd October

Flight 1: Kristiansand – Oslo (Norwegian Air, DY 0275)

Departure: 14:15 Kristiansand

Arrival: 15:05 Oslo

Flight 2: Oslo – Krakow (Norwegian Air, DY 1042)

Departure: 18:45 Oslo

Arrival: 20:50 Krakow

## More travel information (1)

### Arrival in Ravensburg by public transport

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.

A taxi from the main train station will cost you approx. 7 Euro.

Service of the Youth Hostel: A baggage transport for groups is possible against payment. Please contact Mr. Begero, Phone +49 171 2277884

### Arrival in Kristiansand Airport

From the airport in Kristiansand a maxi taxi will bring you to your hotel. There you are going to meet a person from the University i Agder, who will welcome you.

### Accommodation information

- Your accommodations are youth hostel, student residences, apartment hotels
- 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 and Krakow, otherwise self-catering
- Cooking facilities are available in Tübingen and 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.

## 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 need be organized by your own.

During your stay in Tübingen there is no breakfast in the hotel but you have two rooms with a kitchen.

#### Other:

In Ravensburg 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. But not in the morning of the 25th September.

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: You don't have to carry towels with you.

# The ValiDE-student exchange program

## Saturday, 10.09.2022

Students of the Pedagogical University of Krakow (PUK) travel to Ravensburg (GER)

### 1st WEEK: GERMANY

## Sunday, 11.09.2022

Students of the Pedagogical University of Krakow (PUK) arrive in Ravensburg.

--> 18:10 Ravensburg Bf

Walk to accommodation: Jugendherberge Veitsburg Ravensburg (Youth Hostel)

## Monday, 12.09.2022

At approx. 08:00 students meet at Youth Hostel to travel together to the university

Getting to know the University of Education Weingarten (UEW)

09:15-17:00 Workshop Day 1 at UEW

Dinner at the UEW students'

## Tuesday, 13.03.2022

09:15-16:30 Workshop Day 2 at UEW

16:30-open end excursion to Friedrichshafen (Lake Constance)

## Wednesday, 14.09.2022

09:15-15:15 Workshop Day 3 at UEW

16:00 Travel to Tübingen

Walk to accommodation or take the bus: Konzept Hotel Horizonte

Evening and dinner in Tübingen

## Thursday, 15.09.2022

09:30-17:00 Workshop Day 1 at Global Ethic Foundation Tübingen (GEF)

## Friday, 16.09.2022

10:30-open end Workshop Day 2 at GEF, incl. school visit

walking to primary school, afternoon work in groups

## Saturday, 17.09.2022

Summary and evaluation of the week

14:40 Travel to Krakow

## 2nd WEEK: POLAND

### Sunday, 18.09.2022

10:15 Arrival at Krakow

Accommodation: Hostel Krakowiak

### Monday, 19.09.2022

PUK & UEW students go together to the Pedagogical University of Krakow (PUK)

09:15-16:30 Workshop Day 1 at PUK

Dinner and evening program in Krakow

### Tuesday, 20.09.2022

PUK & UEW students go together to the school

08:00-16:30 PUK-Workshop Day 2, incl. school visit and a visit to Oskar Schindler's museum ( <https://www.filmweb.pl/film/Lista+Schindlera-1993-1211>)

City tour with PUK students

### Wednesday, 21.09.2022

09:15- approx. 12:00 PUK-Workshop 3

14:16 Travel to Kielce

accommodation in the dormitory of Kielce University of Technology: Filon Dormitory

Afternoon: Meeting the team of the Centrum Edukacji ProHarmonia (CEP)

### Thursday, 22.09.2022

CEP-Workshop Day 1

10:00 – 20:00 Workshops

### Friday, 23.09.2022

CEP-Workshop Day 2

09:00 – 13:00 Workshops

18:35 Travel to Krakow

20:27 Arrival at Krakow

Accommodation: Hostel Krakowiak (no breakfast on Sunday!)

### Saturday, 24.09.2022

A visit to the Centre for the Documentation of the Art of Tadeusz Kantor CRICOTEKA

Summary and evaluation of the week

## 3rd WEEK: Norway

### Sunday, 25.09.2022

At approx. 07:00 Travel to Kristiansand Airport

At approx. 17:00 Waiting taxi at Kristiansand Airport to accommodation: CityboxLite

Meeting with someone of the team University of Agder, Campus Kristiansand (UiA)

Short hike in a nearby forest/lake area where students and staff get to know each other around the fireplace

### Monday, 26.09.2022

08:45 Meeting at UiA's main entrance

09:00-16:00 Workshop Day 1 at UiA

optional evening walk around Odderøya (1-1,5 h)

### Tuesday, 27.09.2022

09:00-17:15 UiA-Workshop Day 2

### Wednesday, 28.09.2022

08:30-16:00 UiA-Workshop Day 3, school visit (Karuss skole)

16:00-open end work in groups

### Thursday, 29.09.2022

08:50 Meeting at ARKIVET

09:00-16:00 ARKIVET-Workshop Day 1, incl. general visit at ARKIVET

16:00-open end time for more group work if needed

### Friday, 30.09.2022

08:00-17:00 ARKIVET-Workshop Day 2

18:30 Farewell dinner at TilStede Mat & Mer

### Saturday, 01.10.2022

Summary and evaluation of the week

Sightseeing

### Sunday, 02.10.2022

Travel home



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

# **Guide for students visiting Germany**

ValiDE-2022, Weingarten & Tübingen, GERMANY  
September 11-17, 2022



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Erasmus+ Programme  
of the European Union

## Dictionary/Language

GR	PRONUNCIATION	ENG
Guten Tag!	[ˌɡʊtŋ ʦa:k]	Good day!
Auf Wiedersehen!	[aʊf ˈviːdɐ ˌzeːən]	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!	[t͡sum ˈvɔ:l]	Cheers/ Bless you!
Ich weiß es nicht	[ɪç vaɪ̯s ɛs nɪçt]	I don't know
Wie viel kostet das?	[viː fi:l ko:stət das]	How much does this cost?
Wie heißt du?	[viː haɪ̯t du:]	What's your name?
Ich spreche kein Deutsch	[ɪç ʃpɛçə 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

Konzept Hotel Neue Horizonte Tübingen  
+49 7071 1450070

# 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



## 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) 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](http://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

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 WLAN in the public room.

### *Konzept Hotel Neue Horizonte*

This hotel is situated 500 meters away from the art hall of Tübingen (Kunsthalle Tübingen), 1,9 km from the University of Tübingen, 2,3 km from the market place (Marktplatz), 2,2 km from the narrow streets of the Jews (Judengasse) and 3,7 km from the French Quartier (Französisches Viertel).

The hotel offers an express-check-in and check-out as well as free WLAN in all areas and it is allergic friendly.

## 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). It costs 10,50 € for max. 5 persons. It's valid from 08:30.**

**For the Tuesday use the GruppenTageskarte Preisstufe 5. It costs 18,00 € and includes the zones to Friedrichshafen.**



#### 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.



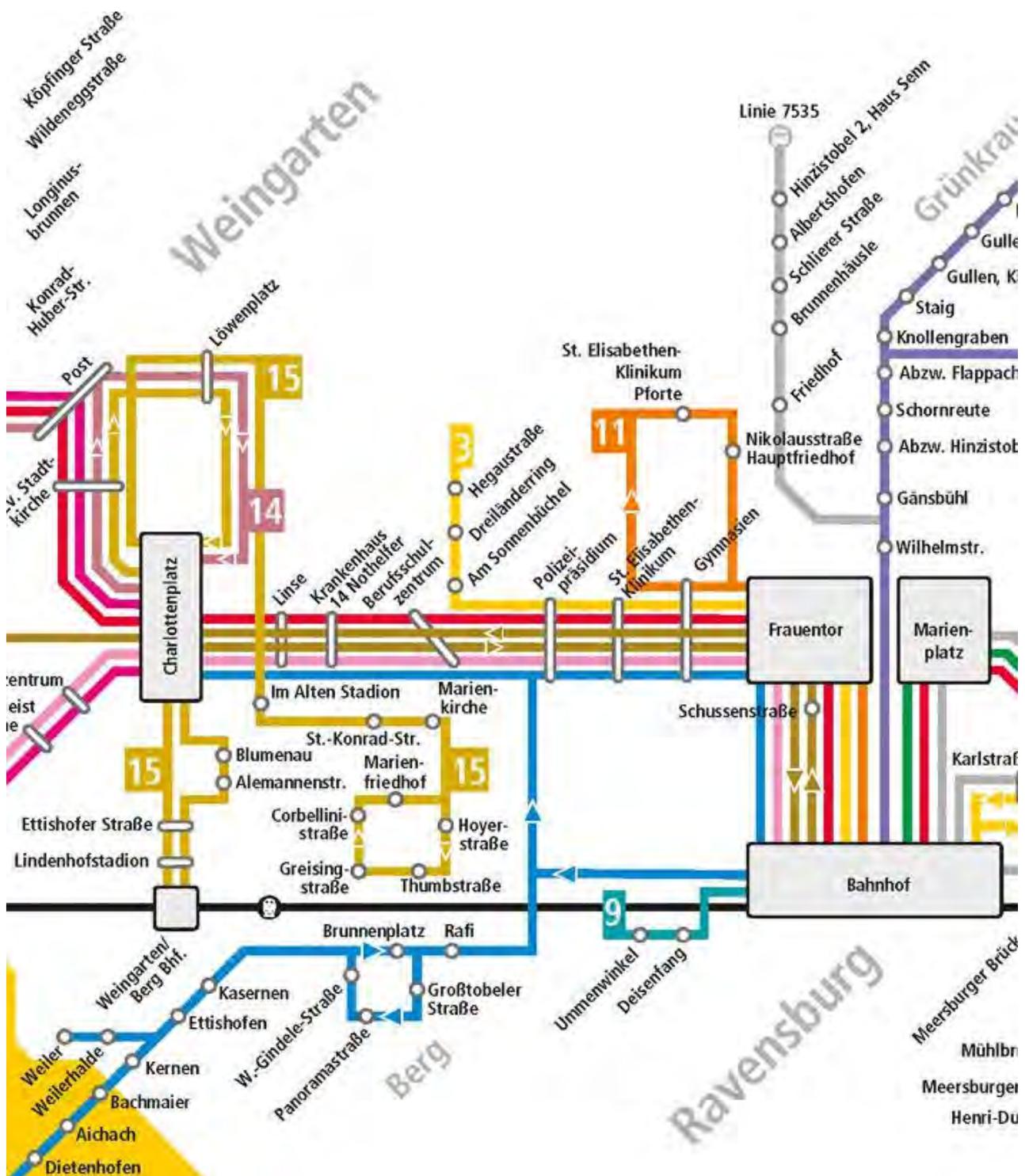
2,9★

629 Rezensionen

100.000+

Downloads

USK ab 0 Jahren



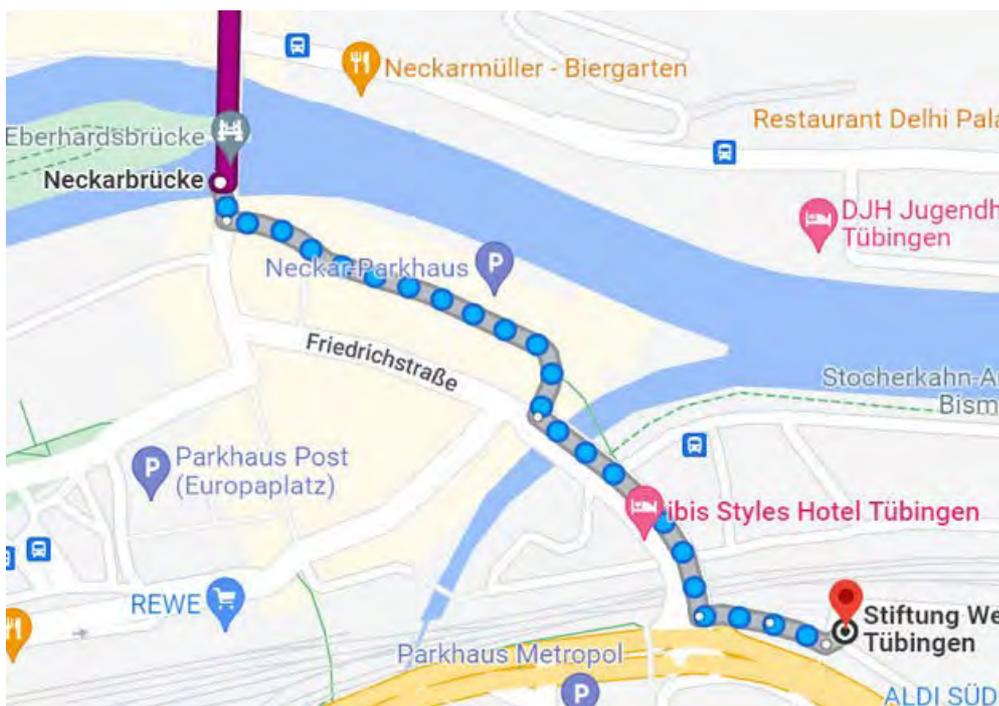
source: <https://www.stadtbus-rv-wgt.de/>

## 2) From the Konzept Hotel Neue Horizonte to the Global Ethic Foundation Tübingen (Stiftung Weltethos)

The hotel is about 1,9 km away from the University of Tübingen. So you can go by bus or even by foot. The Global Ethic Foundation is situated near to the central station.

### Description from the hotel to the GEF

From the hotel walk to the bus station "Sternwarte" from there take the bus number 3, 4 or 17 depending on the time. Step out at the bus station "Neckarbrücke". From there you have to walk 500 meters to the Global Ethic Foundation.



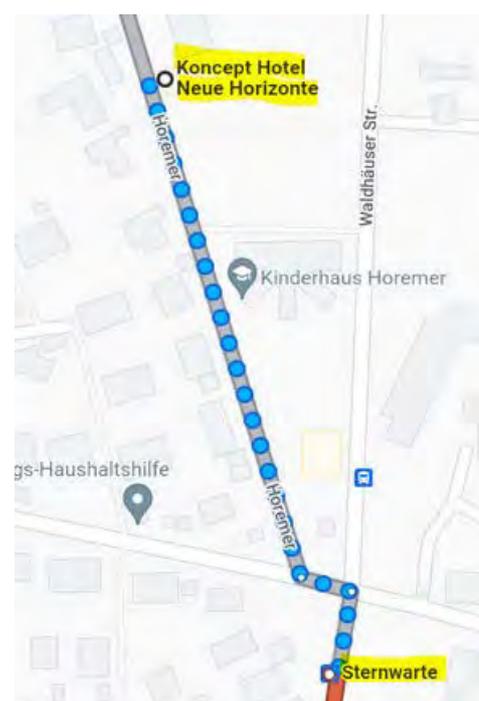
Leave the bus at "Neckarbrücke".

### 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.



Get into the bus at bus station "Sternwarte"



# 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.

### A little bit of history...

It was once 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. This later led to the building of the most imposing tower in Ravensburg, the cylindrical white Mehlsack ('flour sack') so that the inhabitants could keep an eye on the goings-on on the hill.

Before that, however, Ravensburg had flourished as a trading location. Merchants imported spices, metal ores and wine from different parts of the known world from the 15th century onwards and exported cloth and paper. The "Grosse Ravensburger Handelsgesellschaft", formed from merchants in the Lake Constance area, became one of the most important commercial organisations in Europe.

Even when the riches from the trade routes started to diminish, as new ones were opened up via towns such as Augsburg, the paper production remained important through to the 19th century.

Ravensburg was not spared from the religious strife of the Reformation and Counter-Reformation but did become one of the towns in southwestern Germany with guaranteed religious equality in the 17th century.

Ravensburg lost its position as a Free Imperial Town in the Napoleonic wars at the beginning of the 19th century and became first part of Bavaria and then taken over by the Kingdom of Württemberg.

Industrialisation and the building of rail links first to Friedrichshafen and later to Ulm in the mid-19th century helped with the expansion of the town. Most of the industry was light engineering and textile production but was never bombed in the Second World War and was surrendered to the French forces with no damage to the old 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.



source: Stadt Ravensburg, Photorapher: Claudia Casagrande



source: Stadt Ravensburg, Photorapher: Claudia Casagrande

# Attractions

## List of museums and attractions

1. Town Hall
2. Obertor and Untertor (city gates)
3. Schwörsaal
4. Gemalter Turm ("painted" tower)
5. Grüner Turm (green tower)
6. Frauenturm
7. St. Jodok (Church of Jodok)
8. Liebfrauenkirche (catholic church in the centre of town)
9. Veitsburg (castle with a beautiful view over the city)
10. Blaserturm (watch tower of Ravensburg til 1911)
11. Mehlsack (the platform of the tower was used to control the area of the Veitsburg)
12. Historic concert house of Ravensburg
13. Evangelische Stadtkirche (protestant church of the city)
14. Lederhaus und Seelhaus (centre of shoemaker, saddler and tanner around the 15th century)
15. Spital (old orphanage, poorhouse and retirement house)
16. 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)
17. 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

## List of museums and attractions

- Alte Aula (old auditorium, as built 1547, it was used as a house of University)
- Alter botanischer Garten (botanic garden, 17th century was used as a drill ground for the students of the „Collegium illustre“)
- Cotta Haus (J.W. Goethe lived here from 7th-16th September 1797)
- Evangelisches Stift (former monastery which was modernized from 1462 till 1513)
- Französisches Viertel (french quartier)
- Fruchtkasten (the former granary was built in 1474 and belongs to one of the most beautiful buildings of the city)
- Holzmarkt (small market place, where back in times potters and blacksmiths sold their products)
- Hesse Kabinett im Antiquariat Heckenhauer (museum of Hermann Hesse)
- 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")



Front of river Neckar

source: Verkehrsverein Tübingen Photographer: Barbara Honner

- Marktplatz Tübingen (big market place surrounded by buildings of the 15th and 16th century)
- Rathaus Tübingen (the town house of Tübingen belongs to one of the most beautiful town houses in Baden-Württemberg)
- Stiftskirche St. Georg (this church was built in the style of late gothics in 1470)
- Sternwarte Tübingen (observatory astronomical)
- Stadtmuseum im Kornhaus (museum of the city, the "Kornhaus" is one of the oldest buildings constructed in traditional Alemannic square framed work of Tübingen)
- Johanneskirche (this church was built in 1875 and is one of the most famous testimonials of the neo-gothic epoch in Baden-Württemberg)
- Judengasse (narrow streets of the Jews)
- Krumme Brücke und Ammergasse (this awry bridge goes back to the 14th century and marked the border between the upper and lower town)
- Kunsthalle Tübingen (museum of Art with art of the 20th and 21th century)



Evangelisches Stift

source: Verkehrsverein Tübingen Photographer: Barbara Honner



Market Place Tübingen

source: Verkehrsverein Tübingen Photographer: Barbara Honner



City hall of Tübingen

source: Verkehrsverein Tübingen Photographer: Barbara Honner





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

# **Guide for students visiting Poland**

ValiDE-2022, Kraków & Kielce, POLAND  
September 18-25, 2022



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

## Dictionary/Language

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

# 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-podechorazych-2>

## New building - Podchorążych Street 2



<https://www.up.krakow.pl/infrastruktura-1/nowy-budynek-up-ul-podechorazych-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

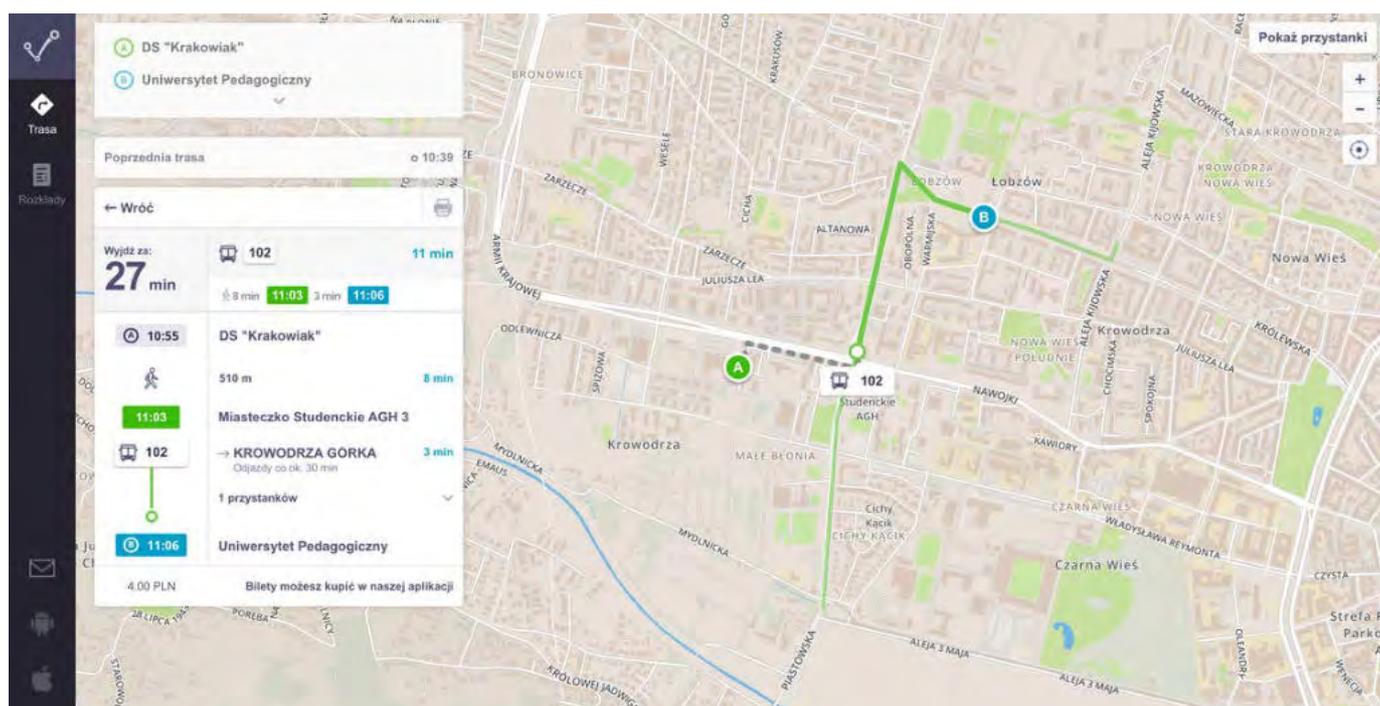
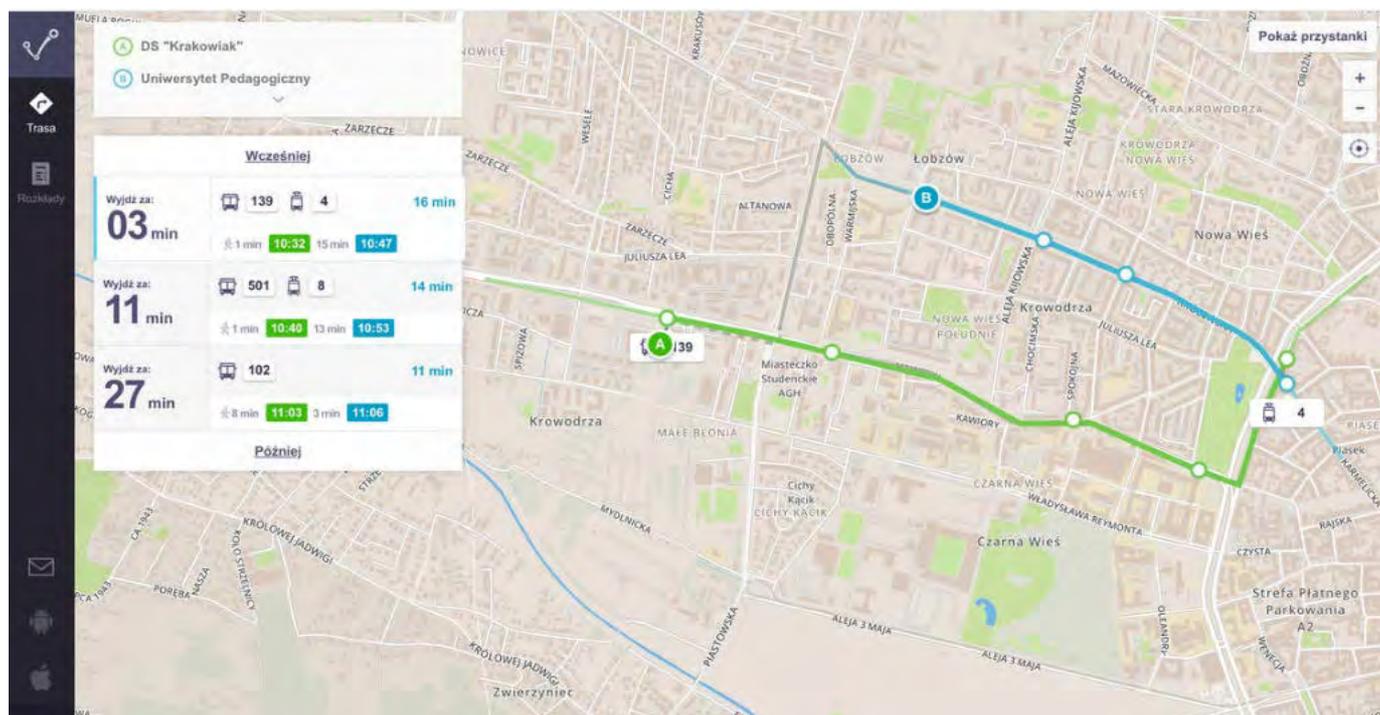


<https://www.up.krakow.pl/student/domy-studenckie/ds-krakowiak>

# Pedagogical University of Krakow

Here we will present the most favorable connections from your accommodation (DS Krakowiak) to the Pedagogical University. You can also go on foot. It is not far.

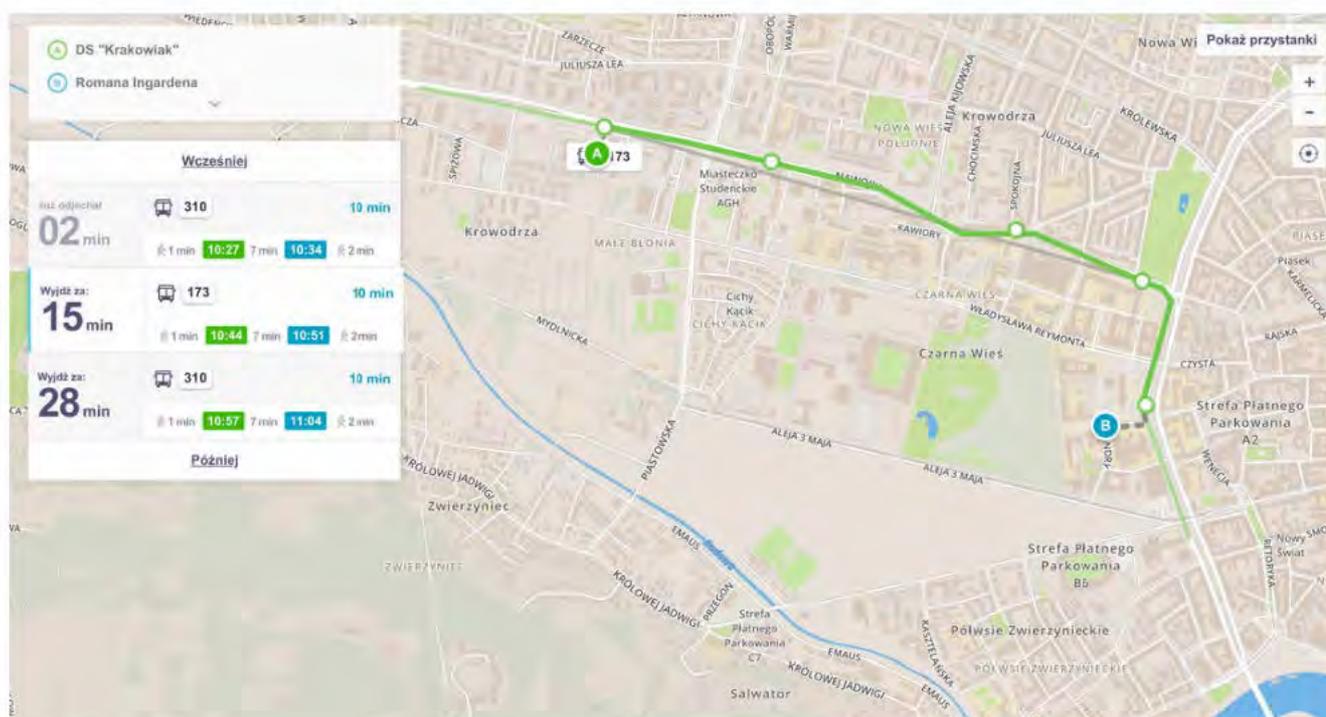
## 1 Location Main Building - Podchorążych Street 2



# 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





If you have any questions during your stay in Krakow,  
please contact Kasia - one of our students.

## Phone number

+48 [REDACTED]

# 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.



# Attractions

## List of museums and attractions

1. Oskar Schindler's Enamel Factory
2. Underground Market - Museum
3. Aviation Museum
4. The Princes Czartoryski Museum
5. Defensive Walls of Krakow
6. Archaeological Museum
7. Garden of Experiences Stanisława Lem
8. The Ethnographic Museum
9. The Stanisław Wyspiański Museum
10. The Zwierzyński House
11. The Józef Mehoffer House
12. The underground of the Church of St. Wojciech
13. St. Mary's Basilica
14. Museum of the History of Photography
15. Center for Documentation of the Art of Tadeusz Kantor Cricoteka - Archive e
16. Museum of the History of the AGH University of Science and Technology
17. Bishop Erazm Ciołek Palace
18. Old Synagogue
19. Archdiocese Museum
20. Szolański House Feliksa Jasieńskiego
21. The Hipolit House
22. Benedictine Abbey in Tyniec
23. Museum of Engineering and Technology
24. National Museum - Main Building
25. Rydlówka Manor
26. Józef Czapski Pavilion
27. Pomorska Street
28. Celestat
29. MOCAR
30. Town Hall Tower
31. Branch in Nowa Huta-Branice
32. Galicia Jewish Museum
33. Barbican
34. Apteka Pod Orłem
35. Krzysztofory Palace
36. Museum of the Home Army Gen. Emil Fieldorf "Nil"
37. Jan Matejko's house
38. Kościuszko Mound



## KOŚCIÓŁ MARIACKI

St. Mary's Basilica



Plac Mariacki 5



MON - SAT 11:30-18:00  
SUN 14:00-18:00

- Symbol of Krakow
  - Pearl of gothic architecture
  - House of famous Veit Stoss altar
  - The biggest and highest church in Krakow
- Old Town area



## SUKIENNICE

Sukiennice



Rynek Główny 1/3



TUE 9:00-18:00  
WED 9:00-19:00  
THU 9:00-18:00  
FRI-SAT 9:00-19:00  
SUN 09:00-18:00

- Major tourist attraction
- On the first floor of the Cloth Hall is the Gallery of Polish Painting and Sculpture of the 19th Century
- Still retains its function - a shopping centre



## KATEDRA KRÓLEWSKA NA WAWELU

### The Wawel Royal Cathedral



ul. Wawel 3



MON-SAT 9:00-16:00 (XI-III)

9:00-17:00 (IV-X)

SUN 12:30-16:00 (XI-III)

12:30-17:00 (IV-X)

- Discover the Wawel Royal Cathedral - the testimony of the Polish Nation and the center of religious contemplation
- Visit the Sigismund's Tower with the famous Sigismund Bell
- Visit the Royal Tombs - the burial place of Polish monarchs and national heroes
- Visit The John Paul II Cathedral Museum



## ZAMEK KRÓLEWSKI NA WAWELU

### Wawel Castle



ul. Wawel 5



MON\* 9:30-13:00  
 TUE-FRI 9:30-17:00 (V-X)  
 SAT-SUN 10:00-17:00 (XI-III)  
 TUE-SAT 9:30-16.00  
 SUN\* 10:00-16:00  
 \*Free entrance

- The castle is a symbol of the power of the Polish state in the time of the kings of Zygmunt Stary and his son Zygmunt August
- View Apartments and Royal Chambers with 16th-century tapestries from the only collection of this type in the world
- Visit the Treasury where the coronation sword is hidden



[https://commons.wikimedia.org/wiki/File:Plak\\_Narodowe\\_Muzeum\\_Main\\_Building\\_1\\_Maj\\_3\\_Avenue\\_Krakow03092019\\_Poland.jpg](https://commons.wikimedia.org/wiki/File:Plak_Narodowe_Muzeum_Main_Building_1_Maj_3_Avenue_Krakow03092019_Poland.jpg)

## MUZEUM NARODOWE LEONARDO DA VINCI „DAMA Z GRONOSTAJEM” The National Museum



Al.3 Maja 1



TUE - FRI 9:00-17:00  
SAT 10:00-18:00  
SUN 10:00-16:00

- Famous Leonardo da Vinci's painting in Krakow
- One of national treasures of Poland
- The painting is one of only four women portraits painted by Leonardo
  - With this ticket you can enter the main exhibition



## FABRYKA SCHINDLERA

### Schindler's Factory



ul. Lipowa 4



MON\*9:00-14:00 (XI-III) 9:00-16:00 (IV-X)  
1st Monday of the month open until 14.00  
TUE-SUN 9:00-18:00 (XI-III) 9:00-20:00  
(IV-X)1st Tuesday of the month - the  
museum is closed

- An exhibition documenting the period of the German occupation of the city in 1939-1945
- It is housed in the former administrative building of Oskar Schindler's Factory, who saved lives of over a thousand people
- The exhibition is a story about Krakow and the fate of its Polish and Jewish residents during World War II

## Attractions

### 3-day Krakow Tourist Card (Museums and Transport)



- **38 most important museums and attractions in Krakow**
- Admission to attractions is possible upon presentation of our Card at the ticket office (for 3 days from the date of issuing the card)
- Unlimited public transport (trams and buses zone I and II) for 3 days
- The card does not need to be validated, in the event of an inspection, it is enough to show it to the person checking tickets
- **11 Card collection points within the city center of Krakow**
- Free cancellation
- **Various Card options**

More info:

<https://odkryjzekrakow.pl/atracje-krakow/3-dniowa-krakowska-karta-turystyczna-muzea-i-transport/#punkty>

# Public transportation (buses and trams)

## Ticket fares

### Cennik biletów / Ticket fares

Komunikacja Miejska w Krakowie / Public Transport in Kraków



Ważny od / Valid from **1.02.2021**

RODZAJ BILETU TICKET TYPE		NORMALNY FULL FARE		ULGOWY <sup>1</sup> REDUCED <sup>1</sup>	
		STREFA I ZONE I	STREFY I+II+III ZONES I+II+III	STREFA I ZONE I	STREFY I+II+III ZONES I+II+III
czasowe short term	20-minutowy 20-minute	4,00 zł		2,00 zł	
	60-minutowy lub 1-przejazdowy 60-minute or single trip	6,00 zł		3,00 zł	
	90-minutowy 90-minute	8,00 zł		4,00 zł	
	24-godzinny 24-hour	17,00 zł	22,00 zł	8,50 zł	11,00 zł
	48-godzinny 48-hour	35,00 zł		17,50 zł	
	72-godzinny 72-hour	50,00 zł		25,00 zł	
	7-dniowy 7-day	56,00 zł	68,00 zł	28,00 zł	34,00 zł
weekendowy rodzinny <sup>2</sup> weekend family ticket <sup>2</sup>					25,00 zł
jednoprzejazdowy dla grupy – do 20 osób single trip group ticket – up to 20 people	50,00 zł	60,00 zł	25,00 zł	30,00 zł	
WSPÓLNY 70-minutowy dla 1 osoby na łączone przejazdy pojazdami KMK i pociągami Kolei Małopolskich sp. z o.o. na odcinkach określonych w przepisach KMK. COMBINED ticket for 1 person valid up to 70 minutes on Public Transport in Kraków vehicles and on Koleje Małopolskie trains on the sections specified in the KMK regulations.	7,00 zł		3,50 zł		

<sup>1</sup> Z przejazdów ulgowych mogą korzystać tylko osoby do tego uprawnione / Reduced fares apply only to eligible customers

<sup>2</sup> Bilet weekendowy rodzinny ważny w sobotę i niedzielę, obowiązuje dla grupy od 2 (1 rodzic/opiekun i 1 dziecko do lat 16) do maksymalnie 7 osób (1 rodzic/opiekun i 6 dzieci do lat 16 lub 2 rodziców/opiekunów i 5 dzieci do lat 16)

Weekend family ticket – valid only on Saturdays and Sundays, available for groups between 2 (1 parent and 1 child up to 16 years old) and 7 people (1 parent and 6 children up to 16 years old or 2 parents and 5 children up to 16 years old)

#### STREFY BILETOWE TARIFF ZONES

STREFA BILETOWA I – obszar w granicach m. Krakowa  
TARIFF ZONE I – the area of the Kraków city

STREFY BILETOWE II i III – obszar poza granicami m. Krakowa (aglomeracja krakowska), obsługiwany przez linie aglomeracyjne (o numerach z pierwszą cyfrą „2”, „3” lub „9”)

TARIFF ZONES II and III – outside the Kraków city, within Kraków Metropolitan Area (bus lines numbered with the first digit “2”, “3” or “9”)

Miejsca przekroczenia granic stref biletowych I, II i III oznaczone są na rozkładach jazdy linii aglomeracyjnych jako “GRANICA TARYF”  
The points of crossing the zone borders are marked on the timetable as “GRANICA TARYF” (zone border)

W danej strefie biletowej pasażer może podróżować wyłącznie na podstawie biletu przeznaczanego do przejazdu w tej strefie  
In the selected tariff zone passenger may travel only with ticket valid in that zone

#### SPOSOBY ZAKUPU BILETÓW WAYS TO BUY TICKETS

Bilety do kasowania można nabyć w formie papierowej z nadrukiem “Komunikacja Miejska w Krakowie” oraz w aplikacjach mobilnych  
Tickets are available as paper tokens marked “Komunikacja Miejska w Krakowie” as well as through mobile apps

#### OPLATY DODATKOWE ADDITIONAL CHARGES

Za przejazd pasażera bez ważnego biletu bądź dokumentu uprawniającego do przejazdu bezpłatnego – **240 zł** + należność za bilet. Wysokość opłaty zostaje obniżona o 50% jeżeli należność zostanie uiszczona u kontrolującego lub w ciągu 7 dni od daty wystawienia wezwania do zapłaty (w sposób określony w wezwaniu)  
Additional charge for journey without a valid ticket or a relevant travel document which confirms the right to free travel – **240 PLN** + ticket price. The additional charge may be decreased by 50% in the case of on-the-spot payment or if it is paid within 7 days following issuance of the request for payment

Za przejazd pasażera bez ważnego dokumentu poświadczającego uprawnienie do przejazdu ulgowego – **160 zł** + należność za bilet. Wysokość opłaty zostaje obniżona o 30% jeżeli należność zostanie uiszczona u kontrolującego lub w ciągu 7 dni od daty wystawienia wezwania do zapłaty (w sposób określony w wezwaniu)  
Additional charge for journey without a valid document which confirms the right to reduced fare travel – **160 PLN** + ticket price. The additional charge may be decreased by 30% in the case of on-the-spot payment or if it is paid within 7 days following issuance of the request for payment

Za spowodowanie zatrzymania lub zmiany trasy środka transportowego bez uzasadnionej przyczyny – **520 zł**  
Additional charge for stopping or changing the direction of a vehicle without a justified reason – **520 PLN**

Ceny zawierają należny podatek VAT. Podstawa prawna: Uchwała nr XXI/231/11 Rady Miasta Krakowa z dnia 6 lipca 2011 r. ze zm.  
Ticket prices include VAT tax. Legal basis: Resolution No. XXI/231/11 of the Kraków City Council of 6<sup>th</sup> July 2011, as further amended



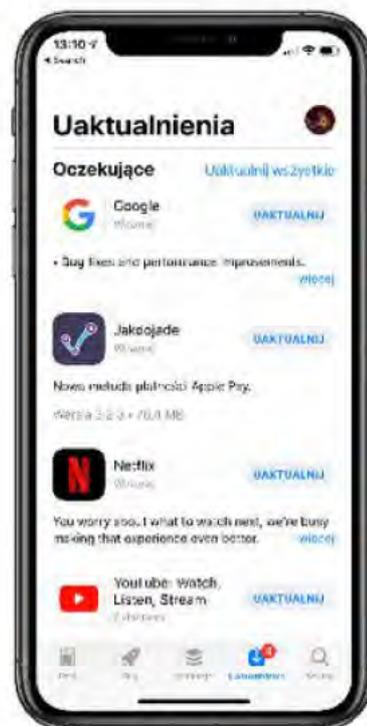
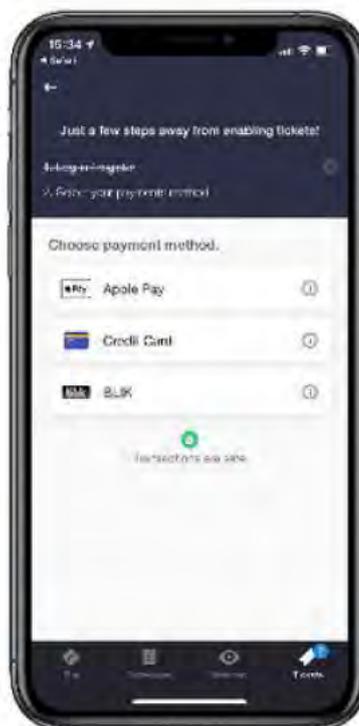
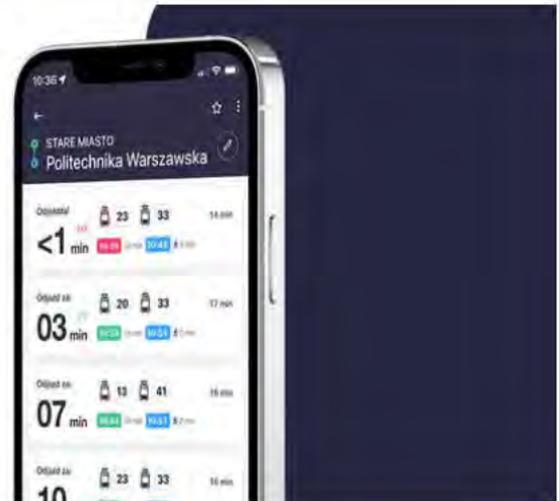
Zarząd Transportu  
Publicznego  
w Krakowie

Razem w ruchu! / [www.ztp.krakow.pl](http://www.ztp.krakow.pl)

## A useful application

### Public transportation (buses and trams)

Ruszaj w drogę  
z Jakdojade



- <https://apps.apple.com/pl/app/jakdojade-rozk%C5%82ady-jazdy/id50679511?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

### Buses

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

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)

<i>Ticket type</i>	<i>Normal</i>	<i>Reduced</i>
<i>20-minute</i>	<i>4,00 PLN</i>	<i>2,00 PLN</i>
<i>60-minute or single trip</i>	<i>6,00 PLN</i>	<i>3,00 PLN</i>
<i>90-minute</i>	<i>8,00 PLN</i>	<i>4,00 PLN</i>

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

### 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.

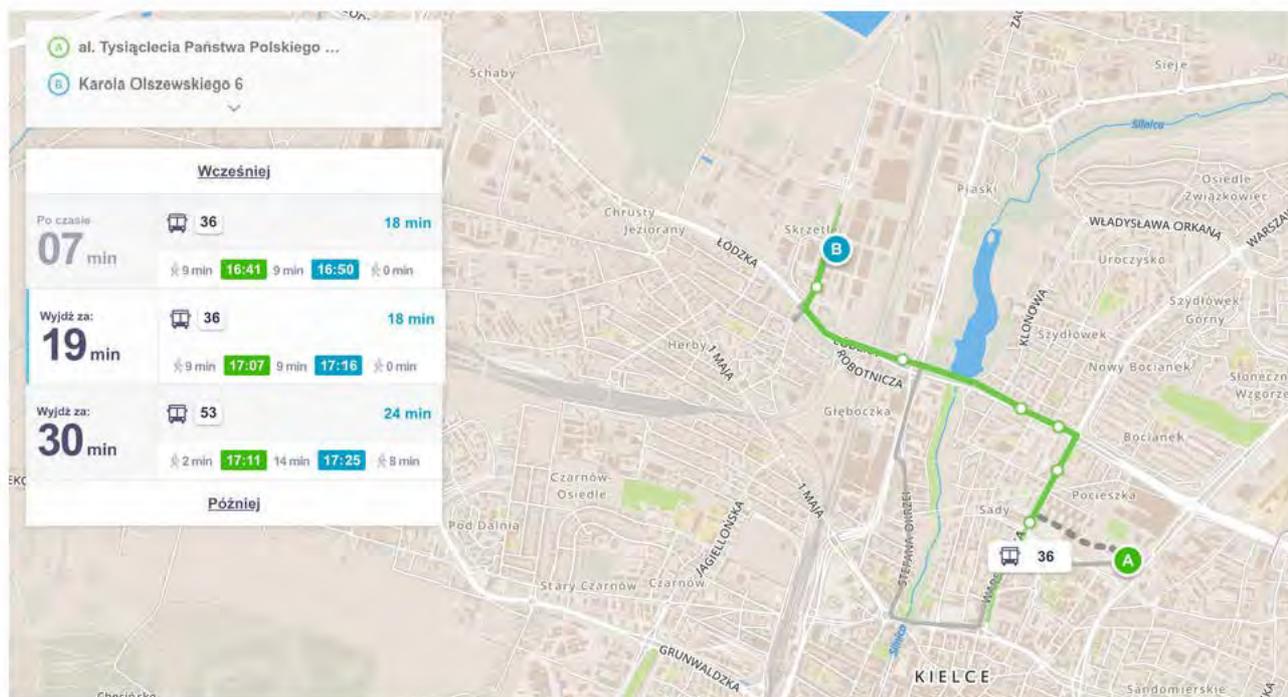
Single ticket on the section Krakow Airport - Krakow Main Station: **14.00 PLN** (reduced **8.00 PLN**).

Luggage carriage is free of charge.

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

# 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



# 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





## PAŁAC BISKUPÓW KRAKOWSKICH

Palace of the Krakow Bishops



pl. Zamkowy 1



TUE - SUN 9:00-17:00

- One of the most magnificent and best-preserved residences from the Vasa era
- In the period 1939-1945, the palace was the seat of the German occupation authorities
- The residential complex is complemented by a garden at the back of the palace, called in the inventories the Italian garden



## OGRÓD BOTANICZNY

### Botanic Garden



ul. Jagiellońska 78



TUE - SUN 10:00-20:00

- The Botanical Garden in Kielce on the slope of Karczówka Mountain is an enclave the most beautiful Polish plants with particular emphasis on species characteristic of the Świętokrzyskie region
- During the walk along the alleys we will see, among others an extensive collection of roses, a moorland, a collection of rhododendrons and azaleas, and numerous other collection of ornamental plants



## KADZIELNIA Nature Reserve



ul. Daleszycka 21



Open 24/7

- The inanimate nature reserve, including the Geologists' Rock, together with the remaining part of the former Kadzielnia quarry, geological paradise under the open sky
- There are viewpoints in the quarry and monuments testifying to the rich history of the city and its surroundings.



## PLAC ARTYSTÓW

Artists' square



ul. Sienkiewicza  
and Kapitulna



Open 24/7

- Exhibitions, happenings, and outdoor events take place on the square located at the intersection of Sienkiewicza and Kapitulna streets
- All year round about the legend about the foundation of Kielce is reminded by a boar monument by the inhabitants of Kielce called Kiełek.





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

# **Guide for students visiting Norway**

ValiDE-2022, Kristiansan, NORWAY  
September 25 - October 02, 2022



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

### Arrival at Oslo Gardermoen airport

When flying to Norway via Oslo Gardermoen airport, all passengers have to collect their checked-in luggage, pass the customs station and then check it in at the airline counters once more (and also pass the security check once more). It happens regularly that passengers forget to collect their luggage when arriving in Oslo. Hold luggage that is not picked up after landing in Oslo will not be processed further to the final destination automatically and remain at the airport!

### 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](http://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](http://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 Fjallset  
+ 47 984 15 783

Citybox Lite Hotel  
+47 38 70 15 70

# University of Agder

## Our campus

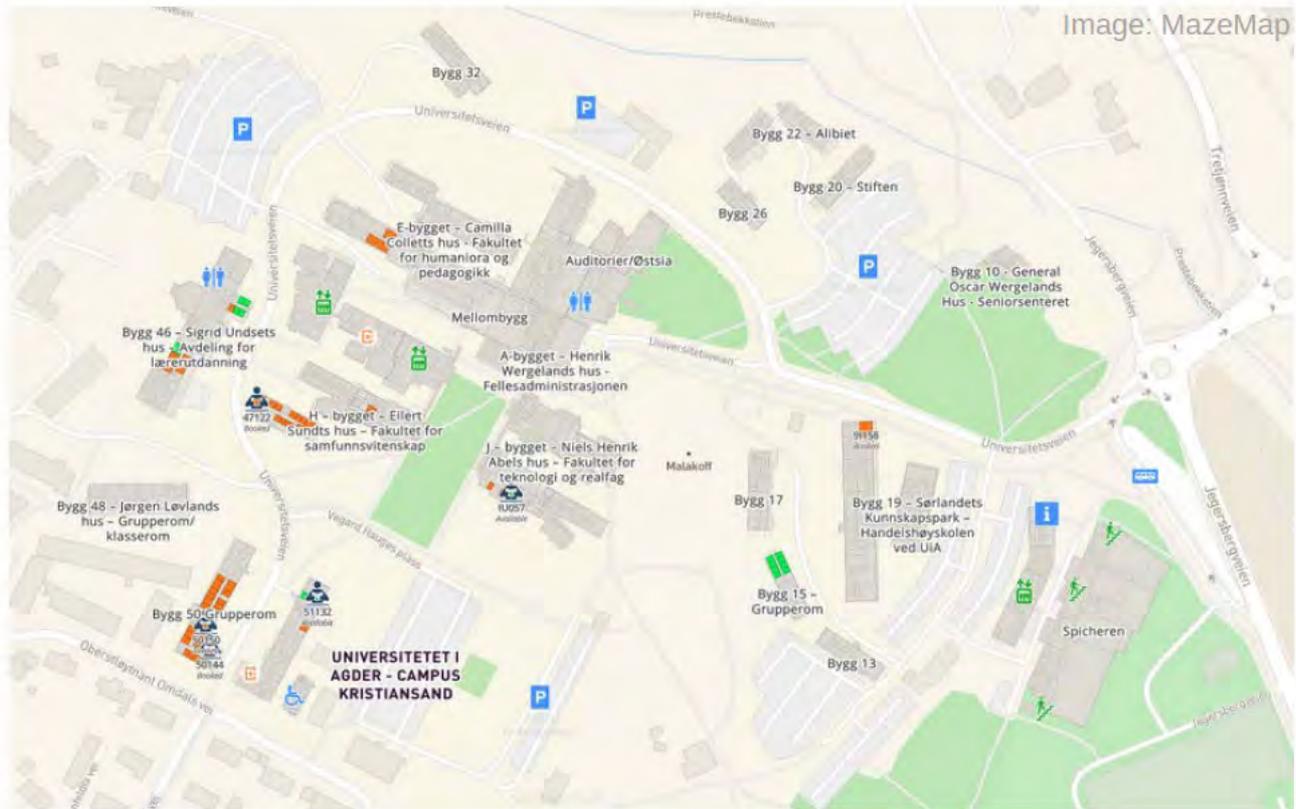
We will always pick you up at the main entrance and walk to the respective rooms as a group. However, if you wish to explore the University campus on your own, it is fairly easy to navigate. For all other cases, there is an app called **MazeMap** which you can download on your mobile phone, and which 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:

Monday: Bygg 51 - room 131

Tuesday: Bygg 48 - room 108

## 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?

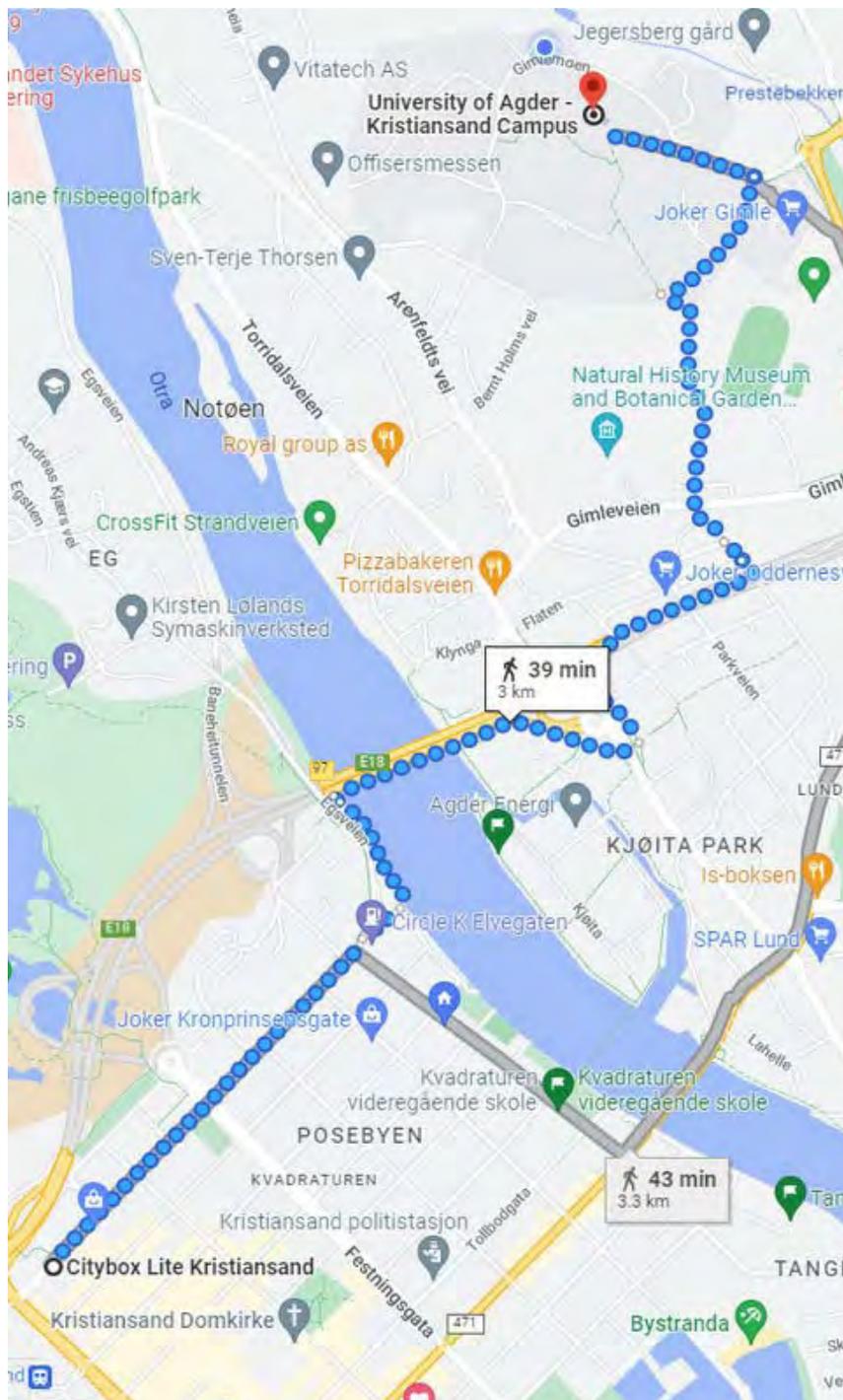


Image: maps.google.com

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.



## E-scooter providers in Kristiansand



## 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](http://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](http://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!



## Karuss Skole - The school you will visit

Karuss is a 1st - 10th grade school located in Vågsbygd. Our school was built in 2002 and has 50 staff and 430 pupils. We are divided into children's stages (1st - 7th stages) and youth stages (8th to 10th stages). At the primary level we have one parallel, and at the junior level we have three parallels. In addition, we have an after-school program (SFO) for pupils from 1st - 4th grade.

At our school, we are convinced that collaboration, inclusion and community provide the best academic and social learning. The adults work in teams/stages which together have a common responsibility for the pupils. We have two contact teachers in each class because we want the best possible follow-up of the individual student and because we believe that collaboration on the student's development is a success factor.

Every morning, all pupils are welcomed to a 15-minute morning assembly where the pupils experience news, go through the day, get practical information that gives them a sense of predictability. We are concerned that all children should experience mastery in the class community.

It is a goal that all adults at Karuss focus on cooperation, inclusion, positive reinforcement and relationship-based classroom management. Working with collective structures provides a good basis for learning.

Scan the QR-code to find out more!



Image: <https://www.fortunen.no/karuss-skule>



