Travelling by train

- Tips and thoughts from the PhD Council –

Sustainable travel meeting Nikhef - 28/06/23
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Train travel recipe

1) Define your route:

[European Interrail website](#)

- o Go to "Seat reservations" tab → add the details of your trip → click on "continue without logging in"
- o The prices are for seat reservations with interrail pass (not for full tickets)
- o If you change the minimum required transfer time the connections will change

[Deutsche Bahn website](#)

- o Can also be useful to define your route, although I prefer the Interrail webpage

2) When you have found your best route… check if it's better to get an interrail pass or buy directly train tickets:

- o Interrail pass cost: 4 days /month (194€ < 28 yrs old; 258€ +28 yrs old), also 5 days /month, 10 days / 2 months, etc. https://www.interrail.eu/en/interrail-passes

- o If you go to Italy and come back, almost for sure it's cheaper to take an interrail pass and book the required reservations.

- o If you go to Paris and come back, or to CERN and come back, it's better to buy the train tickets directly.

Train travel recipe

3) Buy tickets / do the reservations:

Deutsche Bahn website (National railway company from Germany)

- o Useful to reserve trains in most european countries

SNCF (National railway company from France)

- o Useful to reserve trains in or passing through: Belgium, France and Spain

The Trainline (General website for train reservations)

SBB (Swiss Federal Railways)

Thalys (High speed train between The Netherlads – Belguim – Paris)

Night jet (from ÖBB, Austrian Railways)

- o It's **better to reserve all trains through the same company**. In case there is a delay or cancellation, they have to ensure that you arrive at your final destination, and not just to an intermediate place.

- o **If you have an interrail ticket**: book reservations through Interrail website and download the app to add your pass.

Useful routes

- Going to CERN by train

  - Route 1: (~8 hr)

    - Amsterdam – Paris (Thalys train)
    - Paris – Genève (TGV train)

  - Route 2 (night train): (~13 hr)

    - Amsterdam – Basel (ÖBB Nightjet)
    - Basel – Bern
    - Bern – Genève

- Going to **Gran Sasso** by train

  - Route 1 (night train): (~18 hr)

    - Amsterdam – Basel (ÖBB Nightjet)
    - Basel – Milano (Eurocity)
    - Milano – Roma

  - Route 2: (~16 hr)

    - Amsterdam – Basel (Intercity express)
    - Basel – Milano (Eurocity)
    - Milano – Roma

- Going to **VIRGO** by train

  - Route 1 (night train): (~18 hr)

    - Amsterdam – Basel (ÖBB Nightjet)
    - Basel – Milano (Eurocity)
    - Milano – Firenze
    - Firenze – Pisa

  - Route 2: (~16 hr)

    - Amsterdam – Paris (Thalys train)
    - Paris – Genève (TGV train)
    - Gèneve – Milano (Eurocity)
    - Milano – Pisa (Intercity)

  - Route 3: (~17 hr)

    - Amsterdam – Basel (Intercity express)
    - Basel – Milano (Eurocity)
    - Milano – Firenze
    - Firenze – Pisa

My experience

KM3NeT meeting Salerno - June 2023: (Interrail ticket) *

       Amsterdam – Zürich (Nigh jet) – Milano - Salerno
       Salerno – Milano (Nigh train) – Basel – Frankfurt – Amsterdam

* I lost my first train to return, but as I had interrail I could book new reservations

KM3NeT meeting Genova and Rome – October 2022: (Interrail ticket)

       Amsterdam – Basel (Nigh train) – Milano – Genova
       Genova – Roma
       Roma – Milano – Basel – Amsterdam (Nigh jet)

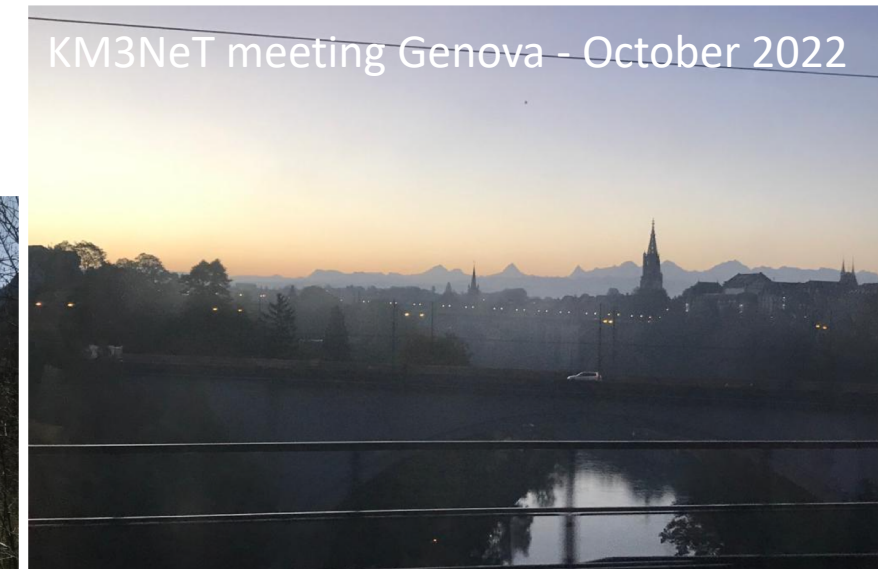**To go home…** (no interrail ticket if I book early)

Amsterdam – Paris (Thalys) – Barcelona (TGV)
or
Amsterdam – Paris (Thalys) – Latour de Carol
(In the Pyrenes, by night train)

KM3NeT meeting Salerno - June 2023

KM3NeT meeting Genova - October 2022

going home…

Other general tips and thoughts

- Buy tickets as early as possible, night and fast trains get sold-out fast and the price increases

- Best prices around 3 months in advance

- **Night trains** are very convenient if you go far

  o Some european night trains that might be useful:

  o More information about night trains in this [link](#)

  o I have had a good experience with the Nightjet, french night trains and italian night trains (which were the most comfortable ones)

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o ÖBB Nightjet:

- Amsterdam – Utrecht – Frankfurt – Passau – Linz – Vienna
- Amsterdam – Utrecht – Frankfurt – Basel – Zurich
- Amsterdam – Utrecht – Frankfurt – Munich – Innsbruck

o Berlin Night Express:

- Berlin – Hamburg – Malmö – Stockholm

o Intercités de Nuit:

- Paris – Latour de Carol (France border with Spain, Pyrenees)
- Paris – Portbou (France border with Spain, Mediterranean coast)
- Paris – Briançon (France border with Italy)

Other general tips and thoughts

- **Let's not romanticise too much travelling by train**:

    o It can be tiring if you go far → plan some time off before and after to rest before your meeting or work starts

    o Sometimes there are cancellations and delays → try to relax, Nikhef pays if at the end you have to book another train or take a plane.

    o Travel time also counts as working hours!

    o It's a good place to read or write, not so much for things that need good internet connection…

Others thoughts…

> Example: I go to ICRC23 in Japan this summer and I will take a direct flight from Paris.

- If you have to take a plane: Try to take direct flights, it really makes a difference in terms of CO_2 emissions!

- A good compromise is to combine train and plane if the place is far and/or not well communicated

- I would say, always prioritize low carbon footprint over price → How do we encourage it and set some guidelines?

Find all the information in the PhD Council website: https://www.nikhef.nl/phdcouncil/general-information/traveling-by-train/

Without the Earth we can't do Physics