



ENYSSP Bolzano 2009 Workshop

How to get to Bolzano?

It must be said: we, sport and exercise psychologists are true adventurers! A trip to beautiful Bolzano is an experience on itself... so let's make it fun. Start packing your backpack, take with you your Italian dictionary and start planning your journey!

There are **several cheap flights** towards either Milan, Verona or Treviso. Check out air carriers such as Ryanair, Easyjet or other to find out what the best solutions are. Be careful that you don't book too late, you still need a train to catch... or you can choose to spend the night in the marvellous cities of Milan, Verona, Treviso or Venice.



www.ryanair.com - www.easyjet.com - www.edreams.com

Once you've reached the airport, check out how to get to the local train station of Milan, Bergamo, Verona or Treviso. From there on, you can take the train to Bolzano. It will take about 3 to 4 hours travel depending from where you start. Check out the Italian railway site for routes and prizes, and **order your ticket in advance**: http://www.ferroviedellostato.it/homepage_en.html

The train stations are:

For Milan (Bergamo) Airport – Milano Orio al Serio -> go to Bergamo station

For Milan -> go to Milano (or Milano Centrale Stazione)

For Verona -> go to Verona station

For Treviso -> go to Treviso (Treviso Centrale Stazione)

Another site specific from the Südtirol people: <http://fahrplan.oebb.at/bin/query.exe/en>

One tip: try to get with more, get your communication started and plan together. It's better not to travel alone but to start the workshop experience while driving to Bolzano! Let us know if we should get you in contact with others by sending us your travelling schedule (enyssp.workshop@hotmail.it).

For those who'd like to come **with car or motorbike**: Bolzano is located nearby the E45 running from Verona to Innsbruck over the Brennerpas. Check out specific websites on how to drive in the mountains during the winter. Check out your tires and take chains with you if you want to adventure in the mountains.

Some tips can be found at <http://skiingthealps.com/Default.aspx?go=articles§ionid=33>.

