

Sustainable transport infosheet



International
Campaign
for Sustainability
in Voluntary Service



of European
Voluntary Service
Organisations

Every year more than 20.000 volunteers are exchanged within the network of the Alliance of European Voluntary Service Organisations. This exchange creates undoubtedly lots of positive impacts on the volunteers, the local communities and societies where the International Voluntary Service projects are realised. On the other hand, we cannot ignore that there is also a negative impact, which results mainly from the necessity to travel. The volunteers often must cover large distances to reach their project and nowadays it is quite common to go by plane and very easy to book a flight.

We want to encourage our volunteers to look for alternatives. Flying is the way of travelling that causes the biggest pollution the other ways of transport are much cleaner, and they can provide unforgettable experiences! Have you travelled by train? It can be a fantastic experience: you can meet people and see the earth passing while you cross it to get to your destination! When you arrive, you'll be prepared for your volunteering experience!

With this Infosheet we want to show you which other options of more sustainable ways of travelling you have in the different countries and how and where to get all the information you need to reduce your footprint.



Train



Bus



Car pooling

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| International | https://www.rome2rio.com/ - information about routes by buses and trains and cars. | https://www.rome2rio.com/ - information about routes by buses and trains and cars. | www.rideforcents.org Carpooling options worldwide. Available in several languages. |
| Europe | www.interrail.eu – Information and booking of InterRail Passes for all European countries. Available in several languages. https://www.goeuro.com/ Information for buses and trains all over Europe https://www.thetrainline.com/ Information for buses and trains all over Europe https://www.rome2rio.com/ - information about routes by buses and trains and cars. | www.eurolines.com Information for buses in many countries in Europe https://www.flixbus.com Information and booking of bus tickets across Europe. You can choose between different languages. https://www.goeuro.com/ Information for buses and trains all over Europe https://www.busradar.com/?currency=EUR Information for buses in many countries in Europe https://www.checkmybus.at/ International long-distance buses https://www.omio.com/companies/buses Bus providers in Europe | www.blablacar.com Carpooling options across Europe. Available in several languages. www.carpoolworld.com Carpooling options worldwide. Only available in English. www.roadsharing.com - Carpooling options across Europe. Available in several languages. |
| Austria | https://tickets.oebb.at/en/ticket Main train company https://westbahn.at/ Cheap Trains from Salzburg to Vienna | http://fahrplan.oebb.at/bin/query.exe/en?L=vs_postbus Buses in Austria https://global.flixbus.com/bus/austria Buses in Austria and Europe | https://www.carpoolworld.com Carpooling in Austria and worldwide www.blablacar.com Carpooling in Austria and worldwide |
| Belgium | https://www.b-europe.com/EN/Legal/About-SNCB-Europe International railways. Available in English, French, Dutch and German. | https://www.infotec.be/ Buses in Walonia. Available in French and German. https://www.delijn.be/en/?vertaling=true Buses in Flanders. Available in English, French, Dutch. https://www.flibco.com/en - shuttle buses in Belgium | https://www.fr.blablacar.be/trajets/ Belgian Blablacar Public transport in Brussels: http://www.stib-mivb.be/tripplanner/?l=en |

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| | “Go-pass” ticket - interesting for young people under 26 y.o. | | |
| Croatia | https://prodaja.hzpp.hr/en Available in English. | http://www.akz.hr/ Available in English. https://www.busradar.hr/ Available in many languages. | |
| Czech Republic | http://jizdnirady.idnes.cz/vlaky/spojeni/ National and international train lines. Also combines trains, buses and city transport. Available in Czech, English & German. www.cd.cz Czech railways - national and international train lines information and bookings. Available in Czech & English. | http://jizdnirady.idnes.cz/autobusy/spojeni/ National and international bus lines. Also combines trains, buses and city transport. Available in Czech, English & German. http://florenc.cz National and international bus lines information and bookings. Available in Czech, English, German, Italian & Spanish. https://jizdenky.regiojet.cz/ Buses (and trains) in Czech Republic and around Europe. Available in Czech, Slovak, English & German. https://www.leoexpress.com/ Buses (and trains) in Czech Republic and neighbouring countries. Available in Czech, Slovak, English, German, Polish, Ukrainian. https://www.flixbus.cz/ Czech site of Flixbus. | www.blablacar.cz Czech site of Blablacar. http://www.spolujizda.cz/ Carpooling options across Europe. Available in Czech, English & German. Prague public transport: www.dpp.cz Information about connections, prices and traffic. Available in Czech, German and English. |
| Estonia | http://elron.ee/ Available in Estonian, English and Russian. | https://luxexpress.eu/pl International and national bus lines. Available in English and several other languages. https://www.tpilet.ee/ National bus lines. Available in Estonian, English and Russian. | https://www.facebook.com/groups/178046402352020/about/ Car sharing FB group |

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| <p>Finland</p> | <p>http://www.vr.fi/en/index.html National railway service, information and booking of train tickets in Finland. Available in English, Russian, Finnish and Swedish.</p> | <p>http://www.matkahuolto.fi/en/ Available in Finnish, English, Swedish. http://www.onnibus.fi/ Available in Finnish and English. http://www.expressbus.fi/etusivu Available in Finnish, English, Swedish and Russian. https://www.savonlinja.fi/en/ Available in Finnish and English</p> | <p>A group in facebook (also in English) https://www.facebook.com/groups/kimppakyyti</p> |
| <p>France</p> | <p>http://en.voyages-sncf.com/en/ Information and booking of train tickets in France. National railway network. Available in several languages. http://www.ouigo.com/fr Information and booking of cheap train tickets. Available in French and English. http://www.idtgv.com/fr/ Information and booking of cheap train tickets. Available in French, English, Spanish and German.</p> | <p>http://en.voyages-sncf.com/en/ouibus Buses provided by the national railway company. Available in several languages. You can check other low-cost companies such as: https://www.flixbus.fr/ www.isilines.fr https://megabus.com/</p> | <p>http://covoiturage-libre.fr/ Independent car sharing: (without online payments) www.blablacar.fr French site of Blablacar.</p> |
| <p>Germany</p> | <p>www.bahn.de (DB) Information and booking of train tickets in Germany. Available in several languages. http://www.ltur.com/de/bahn.html Cheap train tickets. Only available in German. German cities or regions often have their own train companies. So, you can look up which one it is where you are, which is useful especially for city tickets or use the general DB site from above.</p> | <p>www.eurolines.de National bus lines. Available in several languages. https://www.flixbus.de/ Flixbus www.deinbus.de Buses in Germany and around Europe. Available in German and English.</p> | <p>www.blablacar.de German site of Blablacar. www.fahrgemeinschaft.de Carpooling community. Only available in German.</p> |
| <p>Greece</p> | <p>https://tickets.trainose.gr/dromologia/</p> | <p>http://www.ktelbus.gr/</p> | <p>http://carpooling.gr/</p> |

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| | Information and booking train tickets in Greece. Available in English. | Information and booking bus tickets, most sites in Greek. | International carsharing site in Greek. http://www.sinepivatismos.gr International carsharing site in Greek. |
| Hungary | http://www.elvira.hu/index.php Available in Hungarian, English and German. | https://www.volanbusz.hu/en National bus lines. Available in Hungarian and English. http://www.orangeways.com/ Available in Hungarian and English. | http://www.oszkar.com/ National car sharing website, but you can find international lifts as well. Unfortunately, available only in Hungarian. |
| Italy | www.trenitalia.com - Information and booking of train tickets in Italy. Available in Italian & English. www.italotreno.it - Information and booking of train tickets in Italy. Available in several languages. | www.ibus.it National and international bus lines. Available in Italian & English. www.autobus.it Network of bus companies. Only available in Italian. www.megabus.com International bus lines also active in Italy but connects only some cities. Available in many languages. www.flixbus.it International bus lines. In Italy stops only in some cities. Available in many languages. | www.blablacar.it Italian site of Blablacar. www.wegeos.com Carpooling community. Only available in Italian. www.autostradecarpooling.it Carpooling community. Only for travel on the highway. Only available in Italian. www.youtrip.it Carpooling community. Only available in Italian. |
| Lithuania | https://www.litrail.lt/ Train tickets. Available in English, Lithuanian and Russian. | https://www.autobusubilietai.lt/ Bus tickets. Available in English and several other languages. | |
| Norway | https://www.vy.no/en Tickets for Trains and Buses in Norway https://ruter.no/reiseplanlegger/ Train and Bus tickets in Oslo | https://www.vy.no/en Tickets for Trains and Buses in Norway | https://www.carpoolworld.com/carpool_NORWAY_favorites.html - carpooling service available in Norway |
| Poland | www.intercity.pl Information and booking of train tickets in Poland. Available in Polish, English, German & Russian. | https://www.e-podroznik.pl/ Information about bus and train connections. Available in Polish, English and several other languages. | www.otodojazd.pl Carpooling community. Only available in Polish. www.audem.pl |

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| | | <p>https://www.flixbus.pl/polskibus National bus lines PolskiBus merged with Flixbus. International connections available.</p> <p>https://plusbus.pl/ National bus lines. Available in English, Polish, Russian.</p> <p>https://pkspolonus.pl/ National bus lines. Available in English, Polish, Ukrainian.</p> | <p>Carpooling community. Available in Polish – translation tool included.</p> <p>http://www.jedziemyrazem.pl Carpooling community. Only available in Polish.</p> <p>www.autostop.com.pl Carpooling community. Only available in Polish.</p> <p>Public transport in bigger cities: https://jakdojade.pl/lista-miast</p> |
| Portugal | <p>https://www.cp.pt/passageiros/pt Available in English.</p> | <p>https://www.rede-expressos.pt/ Available in Portuguese, English, French and Spanish.</p> <p>https://www.stcp.pt/en/travel/timetables/ Available in Portuguese and English</p> | <p>https://www.facebook.com/groups/155668447804024/ Carsharing between Porto and Lisbon.</p> <p>https://www.blablacar.pt Carsharing</p> |
| Russia | <p>http://pass.rzd.ru/main-pass/public/en Information and booking of train tickets</p> <p>https://www.tutu.travel/poezda/ English and russian</p> | <p>http://www.avtovokzaly.ru/ Bus tickets, unfortunately the webpage is only in Russian.</p> <p>https://www.checkmybus.com/russia English and Russian</p> | <p>http://www.poputchik.ru/ Russian version of carpooling.com.</p> <p>https://www.blablacar.ru Only in Russian. Not recommended to use it.</p> |
| Serbia | <p>http://www.srbvoz.rs/eng/index.html Available in Serbian and English. Timetables and ticket reservation.</p> | <p>http://www.nis-ekspres.rs/index_en.php Timetables and booking. Available in English.</p> | <p>https://www.rs.blablacar.gg</p> |
| Slovakia | <p>https://cp.hnonline.sk/vlakbus/spojenie/ National and international train lines. Also combines trains, buses and city transport. Available in Slovak, English & German.</p> <p>http://www.slovakrail.sk/ Slovak railways - national and international train lines information and bookings. Available in Slovak & English.</p> | <p>https://cp.hnonline.sk/vlakbus/spojenie/ National and international bus lines. Also combines trains, buses and city transport. Available in Slovak, English & German.</p> <p>http://www.slovaklines.sk/ National and international bus lines information and bookings. Available in Slovak, English, German & Hungarian.</p> | <p>http://www.carpool.sk/ Carpooling options across Slovakia. Available in Slovak only.</p> <p>https://www.sk.blablacar.com/ Slovak version of Blablacar.</p> <p>Bratislava public transport http://www.dpb.sk/ or https://cp.hnonline.sk/idsbk/spojenie/</p> |

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| | http://www.regiojet.sk Czech private travel company which operates in Slovakia also with trains and buses. | http://www.eurolines.sk/ International bus lines information and bookings. Available in Slovak, English, German & Hungarian. https://www.regiojet.sk/ International bus lines information and bookings. Available in Slovak, Czech, English & German https://www.flixbus.sk/ International bus lines information and bookings. Available in many languages | Information about connections, prices and traffic. Available in Slovak, German and English. Public transport in other cities https://cp.hnonline.sk/vlakbus/spojenie/?mhd=1 Public transport in 8 cities in Slovakia with information about the connections. Available in Slovak, German and English. |
| Slovenia | http://www.slo-zeleznice.si/sl/ Searching for connections. Available in English. | https://www.ap-ljubljana.si Searching for connections. Available in English. | https://prevoz.org Available only in Slovenian. |
| Spain | www.renfe.com Information and booking of train tickets in Spain. Available in several languages. | www.barcelonanord.com National and international bus lines from and to Barcelona. Available in Catalan & English. https://www.alsa.es/ Bus routes in whole Spain www.monbus.es Bus routes in whole Spain https://www.flixbus.es/ Long distance buses | www.compartir.org Carpooling community. Available in several languages. www.blablacar.es Spanish site of blablacar. |
| Switzerland | http://www.sbb.ch Information and booking of train tickets in Switzerland. National railway network. Available in several languages. | On the Internet site of the national railway network, you can also find all the bus connections in more remote places. In every city there is a very good network of transportation (bus, tram). For bus timetables all over Switzerland visit: http://www.postauto.ch/ Available in English, French, German, Italian. https://www.flixbus.ch/ Long distance buses | Independent car sharing: http://mobility.ch More than 10'000 members on ecarsharing.com. Benefit from the advantages of an economical, ecological and friendly way of driving: http://www.e-covoiturage.ch/index.php/en/ |
| Turkey | www.tcdd.gov.tr | https://www.bilet.com/otobus-bileti/varan-turizm National and international bus line. Information, booking and purchase of bus tickets. Available in English. | www.ortakaraba.com Only available in Turkish. |

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| | Information and booking, buying train tickets in Turkey. Available in English. | www.ulusoy.com.tr National and international bus line. Information, booking and buying bus ticket. Available in English. www.kamilkoc.com.tr – National bus line. Information, booking and buying bus ticket. Available in Turkish only. www.metroturizm.com.tr National bus line. Information, booking and buying bus ticket. Available in Turkish, English, German, Greek and other languages. | http://www.varmigelen.com/ Available in English. Only available for Turkish and foreign students in Turkey. |
| Ukraine | www.uz.gov.ua Information and booking of train tickets in Ukraine. Available in Russian & English. (online purchase of tickets is in a trial version and does not work properly!) | www.bus.com.ua Bus schedules. Only available in Russian. www.gunsel.ua National bus lines. Available in Russian & English. | https://getmancar.com.ua English and Russian |
| United Kingdom | www.nationalrail.co.uk Information on booking train tickets in the UK. www.thetrainline.com Information and booking train tickets at a cheaper price in the UK http://www.eurostar.com/ Travel to the UK from France, Belgium, Germany, Netherlands, Switzerland | www.nationalexpress.com Information and booking coaches in the UK www.megabus.co.uk Information and booking buses at a cheaper price in the UK | https://www.blablacar.co.uk/ International car sharing http://gocarshare.com/ UK car sharing |
| Japan | Shinkansen (Japanese Bullet train): system, accessibility, fee and so on http://www.japan-guide.com/e/e2018.html Japan Rail Pass (great discount for foreigners) http://www.acprail.com/rail-passes/japan/japan-rail-pass | https://www.kosokubus.com/en/special/tokyo_osaka.html - highway buses in Japan | |

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| Mexico | http://www.ferromex.com.mx Available only in Spanish. | http://www.mexperience.com/guide/essentials/transport/mexico-bustravel.php Information about transport in Mexico. https://www.miescape.mx/miescape Booking buses. Available in Spanish only. www.boletotal.mx | http://www.carrot.mx/site Mexico City : http://www.metrobus.cdmx.gob.mx/ subway : www.metro.df.gob.mx Both available only in Spanish. |
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Have you ever considered **travelling by ship**? There are over 1.200 ferry routes connecting European ports: www.aferry.com – Here you can find ferry routes and timetables. Available in several languages.

And here's some useful information about **hitchhiking** all over the world: http://hitchwiki.org/en/Main_Page

You can also join groups on Facebook:

<https://www.facebook.com/groups/hitchhikersworldwide> around the world

<https://www.facebook.com/groups/hkeurope/> Europe

<https://www.facebook.com/groups/983637161775584> Asia

<https://www.facebook.com/groups/1491413577560630/> Americas (South, Central and North)

CO2 emission Calculator

If you want to calculate the CO2 emissions related to you travel and how to compensate, you can visit the online tools:

<https://www.icao.int/ENVIRONMENTAL-PROTECTION/CarbonOffset/Pages/default.aspx>

https://co2.myclimate.org/en/flight_calculators/new

This Infosheet is far from being complete. You can help us collecting more ways of sustainable transport for more countries.

If you know about websites, communities etc. which are not mentioned in this Infosheet, or if a link is not working anymore, please send the details to the following address: eswg@alliance-network.eu

Have a safe and joyful journey!

The Environmental Sustainability Working Group of the Alliance