



Sustainable
Erasmus+ Travel

Connectivity Reports

Sustainable Student Mobility

The Connectivity Reports for the following three cities provide insights into sustainable student mobility through bus and train connections. They illustrate where direct routes allow uninterrupted travel, where interesting stopovers enrich the journey, and where night trains provide practical long-distance options.

Prague



Porto



Zurich





Connectivity Report

Sustainable Student Mobility (Prague)

From 2021 to 2023, the top student exchange destinations¹ for those traveling to or from Prague were Barcelona, Lisbon, Paris, Rome and Vienna. All of these cities are easily accessible through eco-friendly transportation options. This connectivity report explains how.

City pairs	Train				Bus			
	Duration ²	Night train	Possible stopovers		Duration ²	Night bus	Possible stopovers	
↕ Prague ↕ Barcelona	4 changes: ~21 h	Vienna to Milan	• Nuremberg • Frankfurt • Black Forest* & Freiburg • Sète • Girona	• Camargue and beaches in Southern France*	Direct: ~25.5–27.5 h	–	• Nuremberg • Basel • Berne • Alps* • Lausanne • Geneva • Montpellier	• Camargue and beaches in Southern France* • Sète • Girona
↕ Prague ↕ Lisbon	7 changes: ~34–36 h	To Brussels or Karlsruhe or from Berlin to Paris	• Munich • Black Forest* • Strasbourg • Paris • Poitiers	• Bordeaux • Girona • Barcelona • Madrid	1 change: ~43.5–45 h	Paris to Lisbon	• Nuremberg • Black Forest* & Freiburg • Lyon • Biarritz	• Bordeaux • Coast of San Sebastian* • Salamanca • Bilbao
↕ Prague ↕ Paris	3 changes: ~11.5–13 h	To Brussels or Karlsruhe or from Berlin to Paris	• Nuremberg • Black Forest* • Strasbourg		Direct: ~14 h	Direct: to Paris Bercy: ~13 h	• Nuremberg • Heidelberg • Strasbourg	
↕ Prague ↕ Rome	3 changes: ~16.5 h	Vienna to Bologna	• Salzburg • Innsbruck • Alps* • Bozen	• Verona • Bologna • Florence	Direct: ~21 h	To Florence or from Munich to Rome	• Munich • Innsbruck • Alps*	• Verona • Bologna • Florence
↕ Prague ↕ Vienna	Direct: ~4 h	–	• Brunn		Direct: ~4 h	–	• Brunn	

* Nature /Landscape






The table above provides detailed information on the availability of direct bus and train connections, including night services. The focus is specifically on train and bus travel, as these are generally the most sustainable modes of transport. Interested in learning more about the climate impact of these routes? Be sure to check out the Factsheet Sustainable Student Mobility Prague³ (see Resources > Factsheets: ↗).

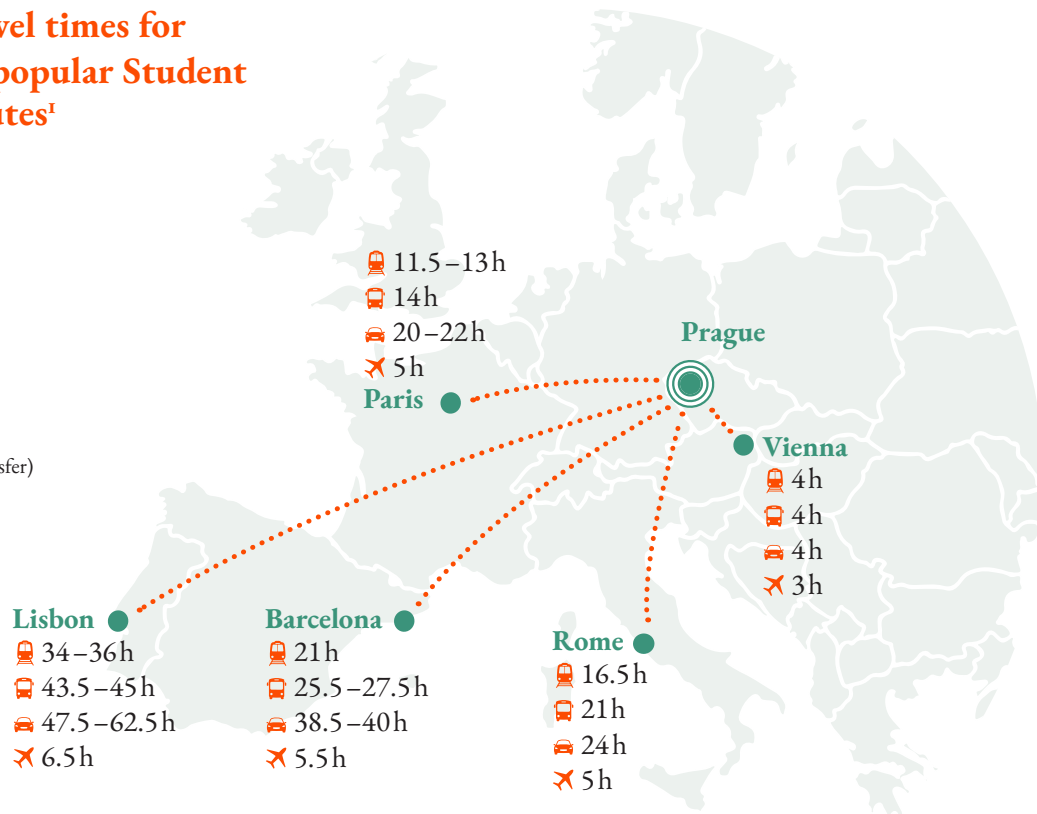
Trains offer a comfortable and efficient way to travel across Europe. Buses can be a particularly eco-conscious and budget-friendly option for longer journeys, such as those from Prague to Barcelona. Although buses may take longer than other modes of transport,

they are among the most energy-efficient ways to travel long distances. Larger cities in Europe generally provide easy access to public transport upon arrival. If you book early, ticket prices can be significantly lower. Please note that for some trains and buses, e.g. night trains or high-speed trains in certain countries, reservations are mandatory. Do you want to see all the night-trains⁴ in Europe currently available? Here is an overview (↗).

Note: The table above provides suggestions for such stopovers, focusing on larger cities or well-known natural areas. However, other cities or scenic spots may also be worth exploring. Stopover options vary depending on the different possible routes chosen for a city pair. Larger cities in Europe generally provide easy access to public transport upon arrival.

Estimated travel times for the five most popular Student Exchange Routes¹

-  Train
(incl. transfer)
-  Bus
(incl. transfer)
-  Car
(incl. rest periods)
-  Plane
(incl. check-in & transfer)
-  Main station
city center



Notes: Travel times were calculated using Rome2Rio² for two randomly selected dates: Monday, October 24, 2024, and Monday, October 20, 2025. Calculations assume travelers take the fastest routes and direct flights where available. Travel times were rounded to the nearest half hour. Where the variation was an hour or less, average times are reported; otherwise, ranges are shown. Direct flight times show little variation, while travel by train, bus, or car may vary due to new routes or road traffic. Times incorporate real-time data, travel time estimates, and average transit times. For car travel, a 30-minute break was added every 3 hours, plus a 10-hour overnight rest every 8.5 hours. For train and bus travel, it was assumed travelers sleep while en route. The dotted route on the map does not represent the exact travel route.

You can also choose to stop along your route and spend a few nights exploring the places you pass through. Travelling from Prague to Barcelona, you will have the chance to visit the landscape of Camargue or stay at the beaches of Southern France. When travelling to Rome you can stop for a few days to go hiking in the Alps in Austria and on your way to Paris you can visit the European Parliament in Strasbourg.

Traveling by train or bus also gives you a unique opportunity to explore Europe from your seat. For example, on your way to Barcelona you can see the beaches of Southern France and maybe even flamingos directly from your train window. If you decide for a stopover in Freiburg on your way to Barcelona or Lisbon, you can take a train through the Black Forest⁵ to enjoy scenic views. If you take a little detour on your way to Barcelona via the Swiss Alps, you can enjoy the UNESCO World Heritage site of the Albula and Bernina railway⁶. Also the trip from Prague to Vienna offers some scenic views⁷.

While the map above shows that traveling by train or bus takes more time than flying or driving, you can use that time productively. You can read, work, play games, or simply connect with other travelers on the train or bus. Most long-distance trains even have a bistro on board, where you can relax and enjoy a meal. Through these interactions, you might learn something new about Europe or pick up ideas for things to do in the city you're traveling to.

Travelling by train or bus to your exchange destination in Europe

- reduces your climate impact compared to other transport modes,
- gives you a great opportunity to explore Europe, its natural and urban environments, people, and cultural diversity,
- enables you to make productive use of travel time, to reconnect with yourself and / or other people.

- 1 Travel routes from exchange students collected by the Charles University of Prague (2021–2023), University of Porto (2021–2023), University of Zurich (2018–2024) and EU Data Collection of student exchanges (2021–2023)
- 2 Connections: Rome2Rio.com (↗): retrieved Sept 24–Jan 2025 and Jul–Aug 2025
- 3 Factsheet: set-project.eu > Resources (↗): retrieved Sept 2025
- 4 Night trains: eurail.com (↗): retrieved Jan 2025
- 5/6 Interrail.eu 1/2 (↗): retrieved Jan 2025
- 7 Seat61.com (↗): citing European Rail Map

Imprint

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Connectivity Report

Sustainable Student Mobility (Porto)

From 2021 to 2023 the top student exchange destinations¹ for those traveling to or from Porto were Barcelona, Madrid, Milan, Prague and Rome. All of these cities are easily accessible through eco-friendly transportation options. This connectivity report explains how.

City pairs	Train		Bus		
	Duration ²	Possible stopovers	Duration ²	Night bus	Possible stopovers
Porto Barcelona	2 changes: ~12h	<ul style="list-style-type: none"> Vigo* (Cies Islands) Ourense Madrid Alcalá de Henares 	1 change: ~18.5 h	–	<ul style="list-style-type: none"> Burgos Zaragoza Detour to Bilbao and San Sebastian*
Porto Madrid	1 change: ~9–10.5 h	<ul style="list-style-type: none"> Vigo* (Cies Islands) Santiago de Compostela* Salamanca Valladolid 	Direct: ~9–11 h	Direct: to Estación Sur: ~7 h	<ul style="list-style-type: none"> Aveiro Salamanca
Porto Milan	4 changes: ~30–31.5 h	<ul style="list-style-type: none"> Tarragona Barcelona Girona Figueres Camargue Sète Avignon Arles 	1 change: ~30.5–36.5 h	1 change: to Milano Lampugnano ~29.5–33 h	<ul style="list-style-type: none"> Burgos San Sebastian* Lyon Turin
Porto Prague	4 changes: ~35.5–36 h Night Train: Mannheim–Prag: ~9.5 h	<ul style="list-style-type: none"> Coast of San Sebastian* Bordeaux Poitiers Paris Strasbourg Munich 	1 change: ~37–39.5 h	–	<ul style="list-style-type: none"> Santiago de Compostela* Coast of San Sebastian* Bordeaux Poitiers Paris
Porto Rome	5 changes: ~26.5–37.5 h	<ul style="list-style-type: none"> Barcelona Girona Sète Montpellier Turin Milan Bologna Florence Possibility to take a ferry from Barcelona to Civitavecchia near Rome 	1 change: ~37.5 h	–	<ul style="list-style-type: none"> Coast of San Sebastian* Sète French Riviere* (Marseille, Nice, Cannes) Monaco Pisa Florence

* Nature / Landscape


The table above provides detailed information on the availability of direct bus and train connections, including night services. The focus is specifically on train and bus travel, as these are generally the most sustainable modes of transport. Interested in learning more about the climate impact of these routes? [Be sure to check out the Factsheet Sustainable Student Mobility Porto³ \(see Resources > Factsheets: ↗\).](#)


Trains offer a comfortable and efficient way to travel across Europe. Buses can be a particularly eco-conscious and budget-friendly option for longer journeys, such as those from Porto to Rome or Prague. Although buses may take longer than other modes of transport, they are among the most energy-efficient ways to travel long distances. Larger cities in Europe generally provide easy access to public trans-


port upon arrival. If you book early, ticket prices can be significantly lower. Please note that for some trains and buses, e.g. night trains or high-speed trains in certain countries, reservations are mandatory. Night trains are currently not available directly from Porto or nearby. Nevertheless, you can travel parts of the journey by night, for instance Turin-Rome or Karlsruhe/Frankfurt-Prague. Alternatively, regular trains or buses are faster for trips from Portugal/Spain. Do you want to see all the night-trains⁴ in Europe currently available? Here is an overview (↗).

Note: The table above provides suggestions for such stopovers, focusing on larger cities or wellknown natural areas. However, other cities or scenic spots may also be worth exploring. Stopover options vary depending on the different possible routes chosen for a city pair.


Estimated travel times for the five most popular Student Exchange Routes¹

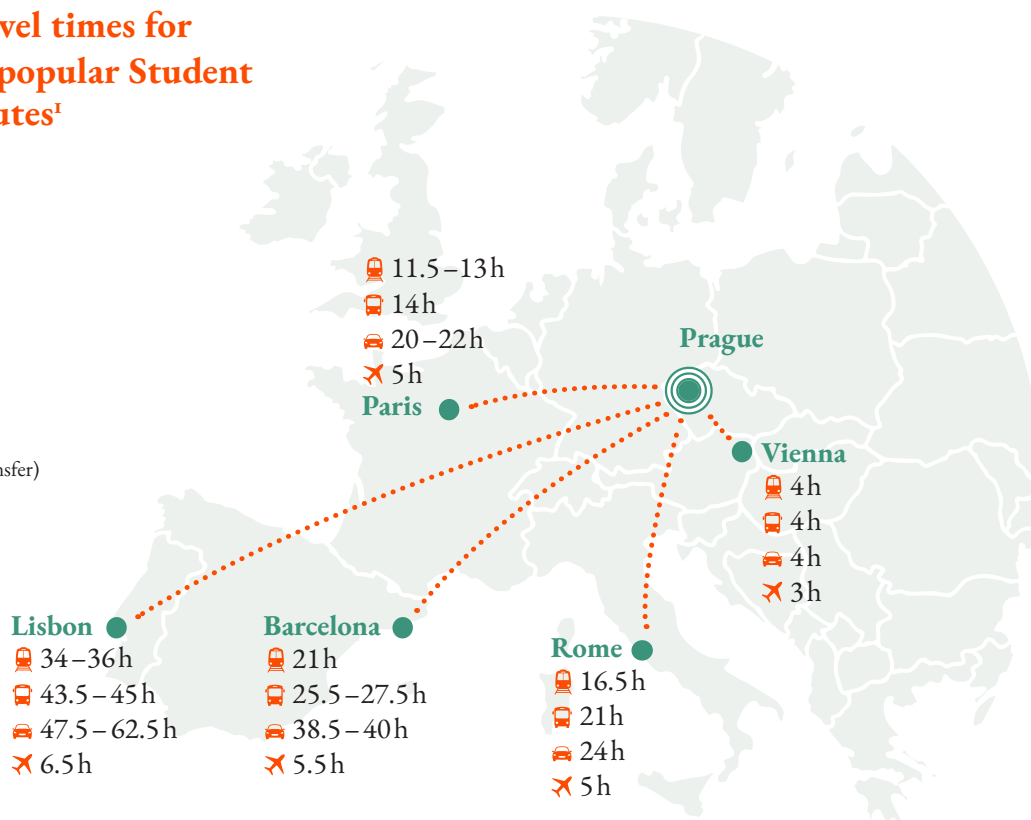
 Train
(incl. transfer)

 Bus
(incl. transfer)

 Car
(incl. rest periods)

 Plane
(incl. check-in & transfer)

 Main station
city center



Notes: Travel times were calculated using Rome2Rio² for two randomly selected dates: Monday, October 24, 2024, and Monday, October 20, 2025. Calculations assume travelers take the fastest routes and direct flights where available. Travel times were rounded to the nearest half hour. Where the variation was an hour or less, average times are reported; otherwise, ranges are shown. Direct flight times show little variation, while travel by train, bus, or car may vary due to new routes or road traffic. Times incorporate real-time data, travel time estimates, and average transit times. For car travel, a 30-minute break was added every 3 hours, plus a 10-hour overnight rest every 8.5 hours. For train and bus travel, it was assumed travelers sleep while en route. The dotted route on the map does not represent the exact travel route.

You can also choose to stop along your route and spend a few nights exploring the places you pass through. In Portugal, for instance, you could stop in Vigo, a coastal city in Galicia, known for its harbor, seafood and Islas Cíes. Or you could stop at the UNESCO World Heritage Site Santiago de Compostela and even hike along the famous pilgrim trail for some days. Alternatively, you could learn to surf in Biarritz, France, have a stopover in Paris or enjoy the Bavarian food in Munich on your way to Prague. Larger cities in Europe generally provide easy access to public transport upon arrival. If you want to add another scenic train ride, you could consider taking a trip from Porto to the nearby Pocinho⁵.

Traveling by train or bus also gives you a unique opportunity to explore Europe from your seat. The routes from Porto take you through regions of natural beauty, including the Cantabrian Mountains, the Pyrenees (if you take a slightly northern detour), and beautiful Spanish plains. On your way to Milan or Rome, you'll have the Atlantic Ocean along the rails /streets and later ride along the Mediterranean Sea through the stunning beach landscapes of Southern France. Near Sète, the train will be for a few minutes between the Mediterranean Sea and the water of the Bassin de Thau (lagoon). If you're lucky, you might spot flamingos from your train window.

While the map above shows that traveling by train or bus takes more time than flying or driving, you can use that time productively. You can read, work, play games, or simply connect with other travelers on the train or bus. Most long-distance trains even have a bistro on board, where you can relax and enjoy a meal. Through these interactions, you might learn something new about Europe or pick up ideas for things to do in the city you're traveling to.

Travelling by train or bus to your exchange destination in Europe

- reduces your climate impact compared to other transport modes,
- gives you a great opportunity to explore Europe, its natural and urban environments, people, and cultural diversity,
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¹ Travel routes from exchange students collected by the Charles University of Prague (2021–2023), University of Porto (2021–2023), University of Zurich (2018–2024) and EU Data Collection of student exchanges (2021–2023)

² Connections: Rome2Rio.com (↗): retrieved Sept 24 – Jan 2025 and Jul – Aug 2025

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Connectivity Report

Sustainable Student Mobility (Zurich)

From 2021 to 2023, the top student exchange destinations¹ for those traveling to or from Zurich were Copenhagen, Berlin, Munich, Vienna, and Madrid. All of these cities are easily accessible through eco-friendly transportation options. This connectivity report explains how.

City pairs	Train			Bus		
	Duration ²	Night train	Possible stopovers	Duration ²	Night bus	Possible stopovers
 Zurich  Berlin	Direct: ~9–12h	~12h	<ul style="list-style-type: none"> • Freiburg & Black Forest* • Frankfurt • Constance • Nuremberg 	Direct: ~12.5–14h	Direct: to Berlin Wannsee: ~12h	<ul style="list-style-type: none"> • Constance • Munich • Nuremberg
 Zurich  Copenhagen	2 changes: ~14–15.5h	Direct: to Hamburg	<ul style="list-style-type: none"> • Strasbourg • Frankfurt • Hamburg • Island Odense* 	1 change: ~22.5–24.5h	Direct: to Hamburg	<ul style="list-style-type: none"> • Munich • Hamburg
 Zurich  Madrid	3 changes: ~14h	–	<ul style="list-style-type: none"> • Geneva • Dijon • Lyon • Montpellier • Beaches of Southern France* • Barcelona 	1 change: ~28h	–	<ul style="list-style-type: none"> • Lyon • Bordeaux • Beaches & city of San Sebastian*
 Zurich  Munich	Direct: ~3.5–5h	–	–	Direct: ~4h	–	–
 Zurich  Vienna	Direct: ~8h	~9–11h	<ul style="list-style-type: none"> • Alps/Vorarlberg* • Innsbruck • Salzburg 	Direct: ~7.5–12h	Direct: to Vienna Erdberg: ~10–11.5h	<ul style="list-style-type: none"> • Alps/Vorarlberg* • Innsbruck • Salzburg

★ Nature /Landscape






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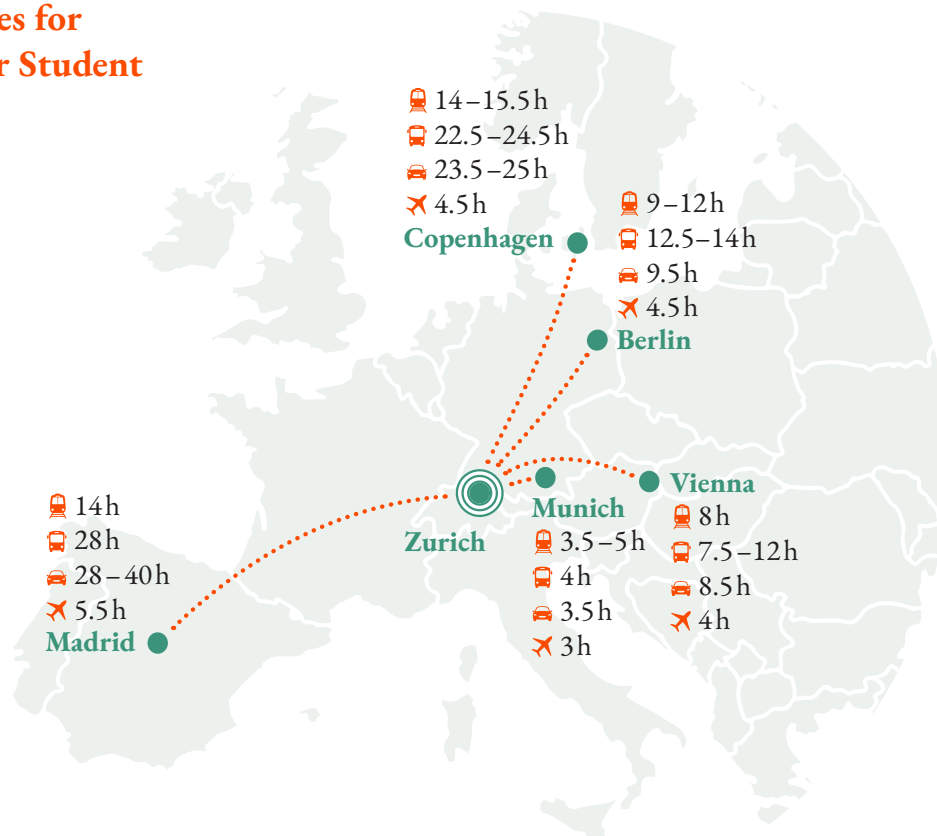
Trains offer a comfortable and efficient way to travel across Europe. Buses can be a particularly eco-conscious and budget-friendly option for longer journeys, such as those from Zurich to Berlin or Madrid. Although buses may take longer than other modes of transport, they

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You can also choose to stop along your route and spend a few nights exploring the places you pass through. In Denmark, for instance, the island of Fyn offers picturesque coastal landscapes, historic castles, and charming villages where you can enjoy cycling. Traveling by train or bus also gives you a unique opportunity to explore Europe from your seat. For example, on your way to Madrid, you'll pass through the stunning beach landscapes of Southern France, and if you're lucky, you might even spot flamingos from your train window. Alternatively, if you're traveling to Copenhagen by bus, part of the journey includes a ferry ride, where your bus is loaded onto the boat as well.

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