



📍 Click on the destination country

## Travelling within Europe? Take the train!

**At Leiden University, we are working hard to reduce our environmental impact. Travelling more sustainably is key, since business trips are a major contributor to our CO<sub>2</sub> emissions.**

For work trips, we always take the train if our destination is up to 500km away or reachable in six hours. Many cities further away are also easily reached by train.

This map helps you to make greener travel choices. It tells you:

- Travel time by train from Leiden;
- CO<sub>2</sub> emissions for your trip;
- How a journey by plane compares.

Thank you in advance for choosing the train instead of flying! Every rail journey supports our goal of 25% fewer carbon emissions from business trips by 2027 (compared to 2019).

**Simply click on your destination country to get started.**

P.S. [Click here](#) to learn more about sustainability at Leiden University. Do you have questions or ideas for us? We'd love to hear from you! [duurzaamheid@leidenuniv.nl](mailto:duurzaamheid@leidenuniv.nl)

We want you to travel in the most sustainable way possible. The University therefore decided that trips of six hours or less must be taken by train rather than plane.

● < 6 hours





# Sustainability at Leiden University

**Sustainability is high on Leiden University's strategic agenda. Together with our employees and students, we are creating a work and study environment that both inspires people and has a positive impact on our world.**

We integrate sustainability initiatives in our teaching, research and daily operations.

By making sustainability themes and issues part of our courses, we help students gain the knowledge and skills needed to contribute to the sustainability transition.

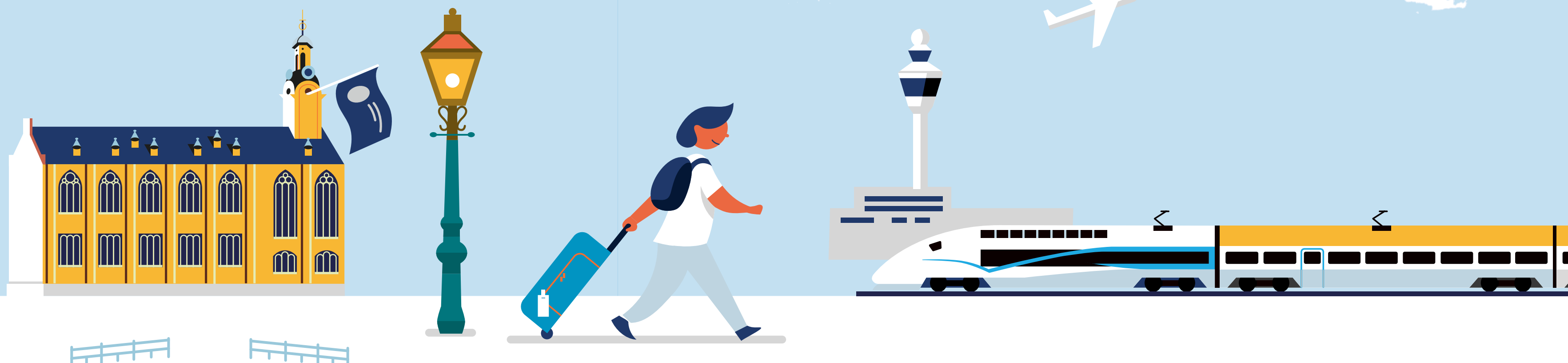
Through research, we contribute insights and solutions for a habitable world.

On campus, we are also taking action to cut waste, to recycle more, and to create green and biodiverse spaces – to name a few of many measures. By 2050, we aim to cut energy use in our buildings by 95% (compared to 1990).





## Roll up your sustainable sleeves!


Travelling more sustainably, and less often, is one concrete way to help create a greener university. You can also:

- [Read about our sustainability strategy](#) on the university website.
- Follow the Leiden University Green Office on [Instagram](#) or [LinkedIn](#). They host events and promote sustainability initiatives.
- [Join the Sustainability Network on Teams](#). Connect with colleagues and students who are committed to sustainability.
- Use our booking agency [Uniglobe](#), when you have to fly. Booking through Uniglobe means that the CO<sub>2</sub> emissions from your flight will be compensated and will be included in our annual sustainability report.



Universiteit  
Leiden  
The Netherlands

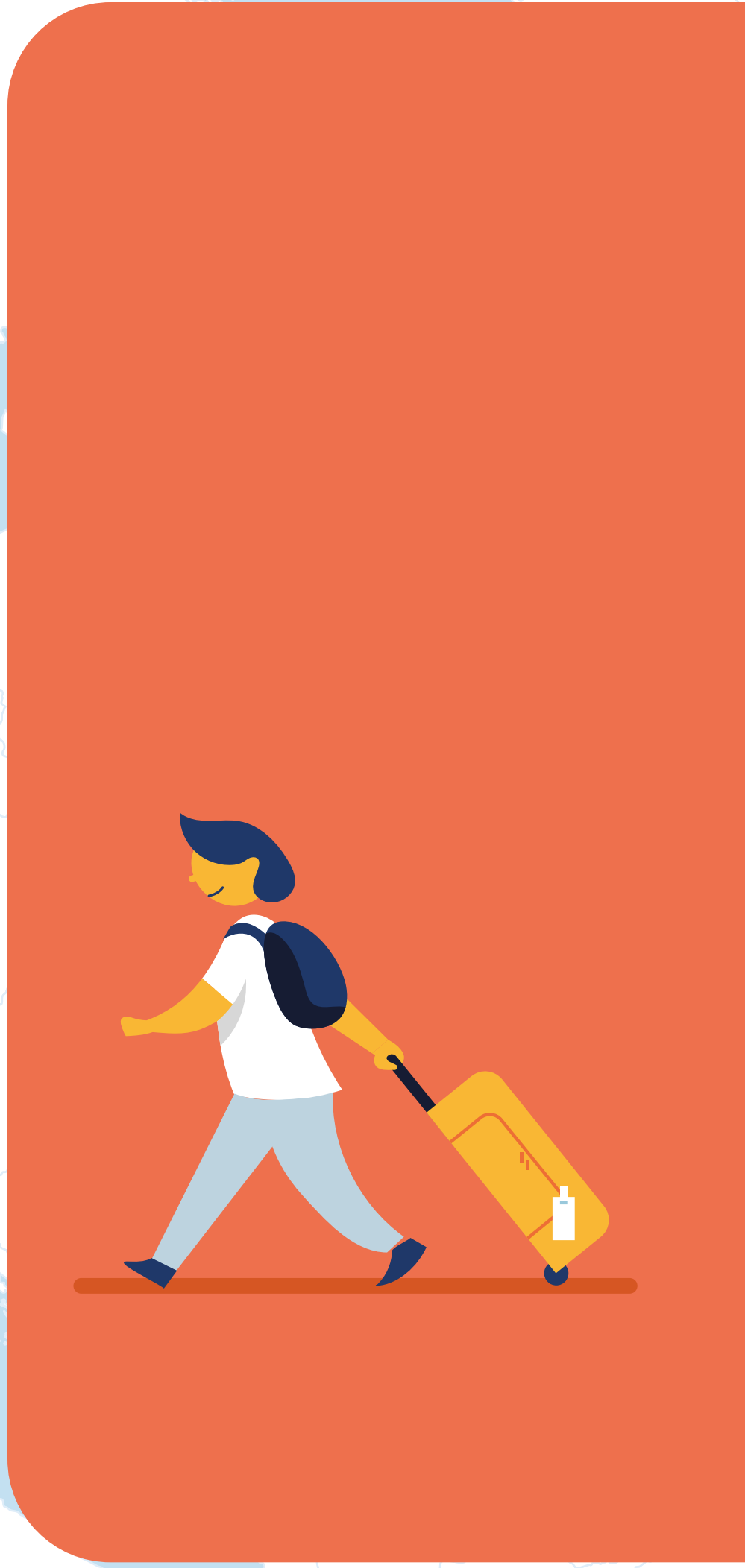
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Austria</b>						
Graz	15h	4	69kg		4h 40m	473kg
Innsbruck	9h 40m 	3	66kg		4h 25m	403kg
Linz	9h 48m 	2	60kg		5h 50m 	476kg
Vienna	11h 9m 	2	66kg		4h 40m	471kg
Salzburg	10h 6m	3	61kg		4h 30m	415kg


 **Night train available** (on the entire route or partially)


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 Including **train** and/or **bus**

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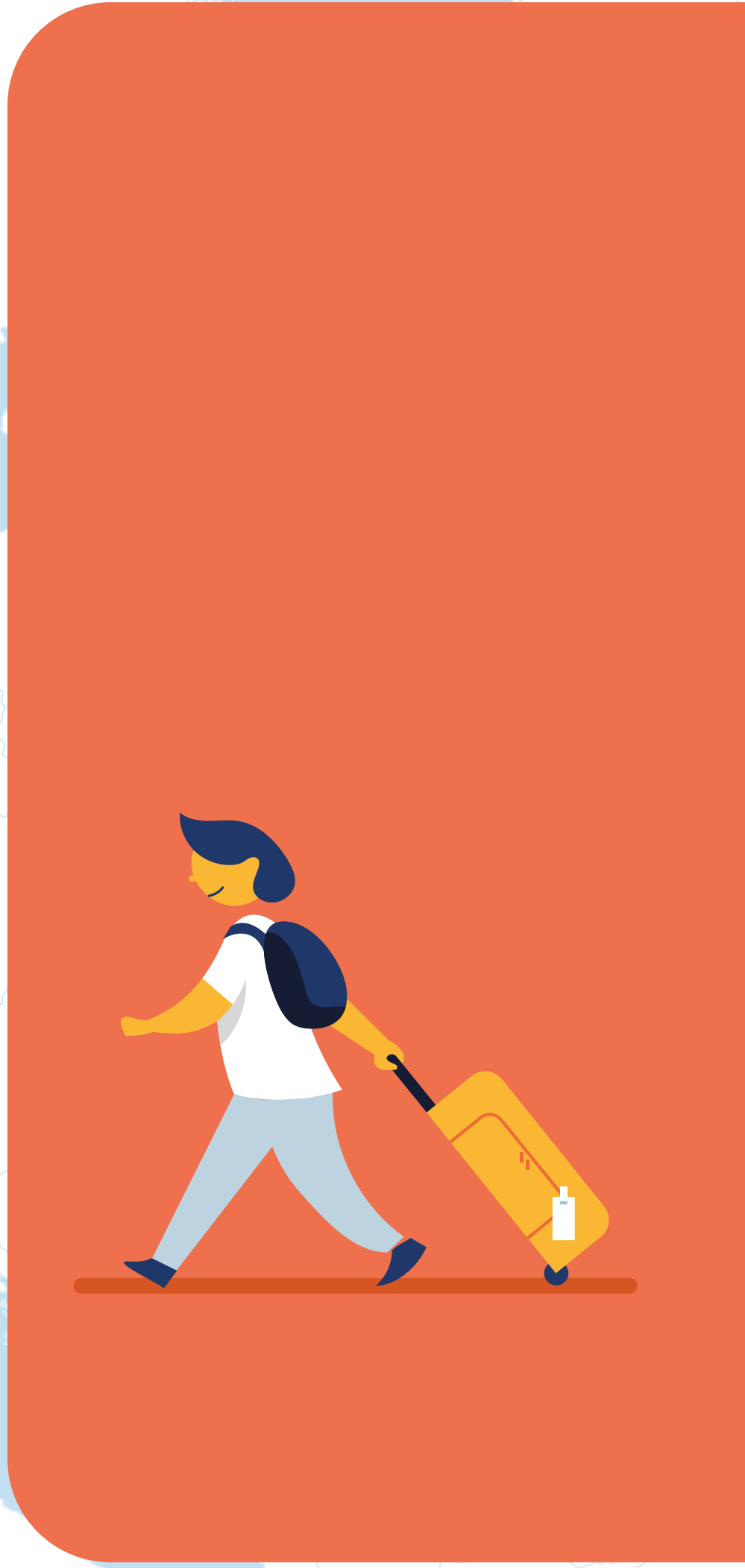
📍 Destination	🚆 Time by train*	! Transfers	☁️ CO <sub>2</sub> Emission		✈️ Time by plane**	☁️ CO <sub>2</sub> Emission
<b>Belgium</b>						
Antwerp	1h 26m	1	9kg		N/A	-
Brussels	2h 4m	1	10kg		3h 45m	233kg
Ghent	2h 29m	2	10kg		N/A	-
Liège	3h 8m 	2	13kg		N/A	-

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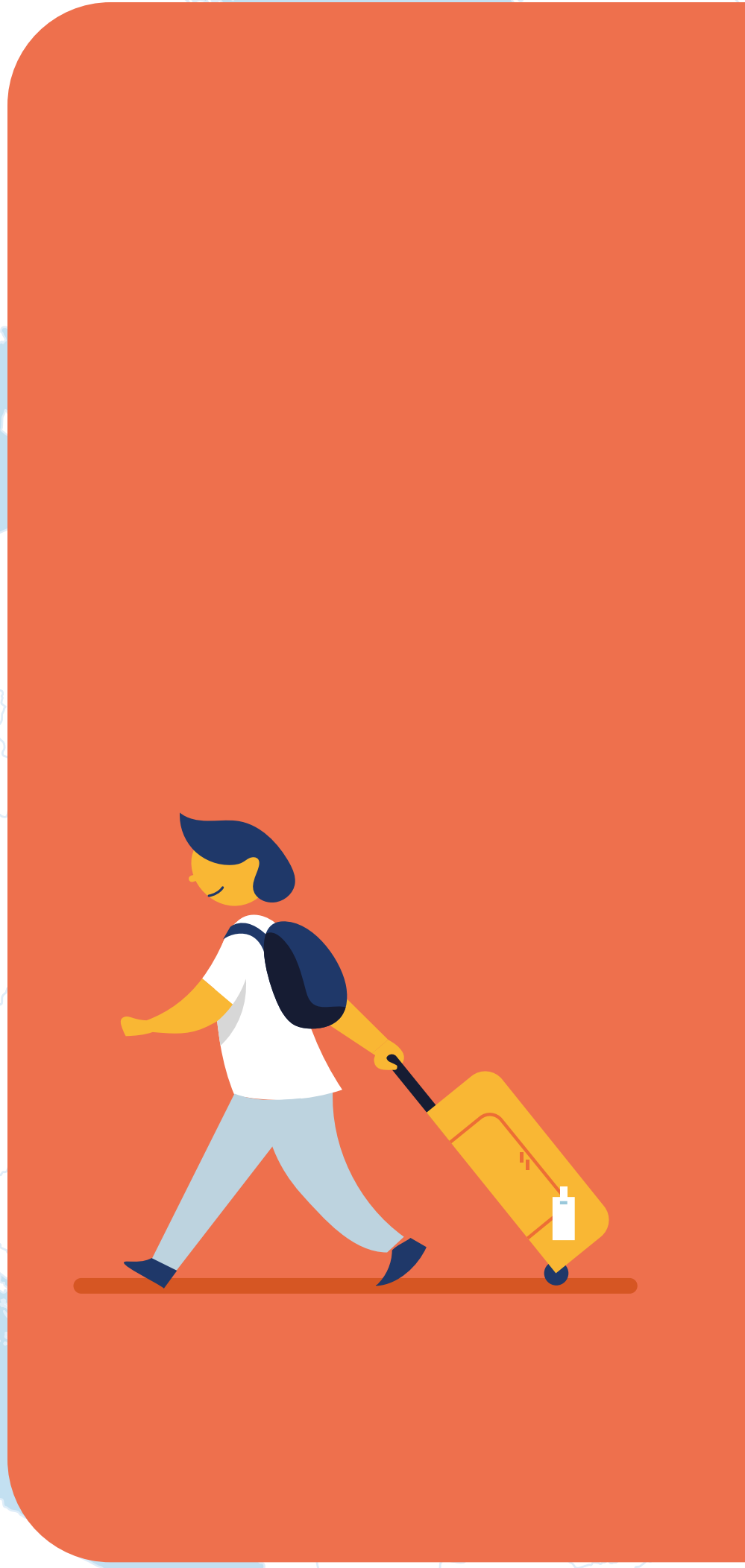
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Czechia</b>						
Prague	11h 39m	4	83kg		4h 30m	395kg




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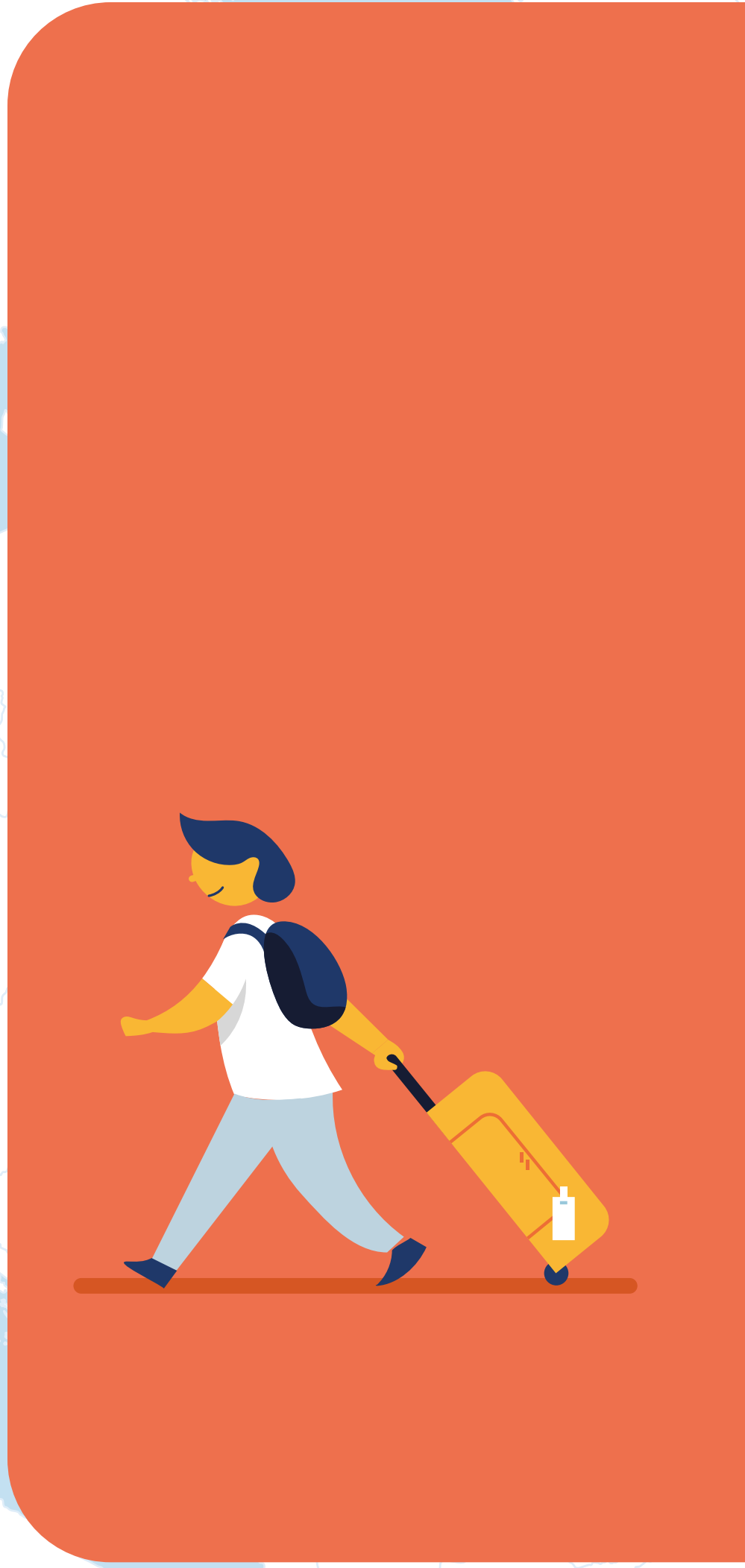
📍 Destination	🚆 Time by train*	! Transfers	☁️ CO <sub>2</sub> Emission		✈️ Time by plane**	☁️ CO <sub>2</sub> Emission
<b>Denmark</b>						
Aarhus	11h	3	85kg		5h 30m 	331kg
Copenhagen	11h 14m 	3	70kg		4h 25m	374kg
Kolding	10h 42m	3	74kg		4h 5m	327kg
Odense	9h 59m	4	64kg		5h 45m 	390kg






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Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>France</b>						
Bordeaux	7h 11m	2	25kg		4h 40m	460kg
Brest	8h 10m	2	25kg		6h 35m 	384kg
Cannes	9h 10m	2	30kg		5h 30m 	478kg
Clermont-Ferrand	8u 14m	2	22kg		6h 35m 	405kg
Lille	2h 48 m	2	12kg		n/a	-
Lyon	6h 52m	2	23kg		4h 35m	403kg
Marseille	7h 52m 	2	27kg		5h 5m	479kg
Montpellier	7h 55m	2	26kg		4h 50m	475kg
Nantes	7h 15m	2	22kg		4h 30m	403kg
Nice	10h 54m	2	30kg		5h	476kg
Paris	3h 35m	1	17kg		4h 20m	304kg
Rennes	6h 21m	2	22kg		4h 35m	381kg
Strasbourg	6h 34m	2	23kg		4h 10m	324kg
Toulouse	8h 36m 	3	29kg		4h 50m	482kg


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<b>Germany</b>						
Berlin	6h 42m	1	58kg		4h 20m	362kg
Bielefeld	4h 20m	2	38kg		5h 10m 	290kg
Bonn	3h 47m	2	25kg		N/A	-
Bremen	5h 6m	2	31kg		3h 55m	270kg
Dortmund	3h 15m	2	24kg		N/A	-
Dresden	9h 18m	3	74kg		4h 15m	374kg
Düsseldorf	2h 42m	1	19kg		3h 45m	239kg
Essen	2h 49m	2	20kg		N/A	-
Frankfurt	4h 34m 	2	35kg		4h 5m	295kg
Hamburg	5h 50m	2	37kg		4h	299kg
Hanover	4h 58m 	1	35kg		3h 55m	285kg
Heidelberg	5h 6m	2	40kg		5h 25m 	306kg
Cologne	3h 30m	1	21kg		N/A	-
Leipzig	7h 55m	2	57kg		5h 40m 	371kg
Munich	7h 35m 	2	56kg		4h 25m	383kg
Münster	3h 50m	2	26kg		N/A	-
Nuremberg	6h 49m 	2	27kg		4h 15m	346kg
Stuttgart	5h 30m	2	44kg		4h 10m	337kg

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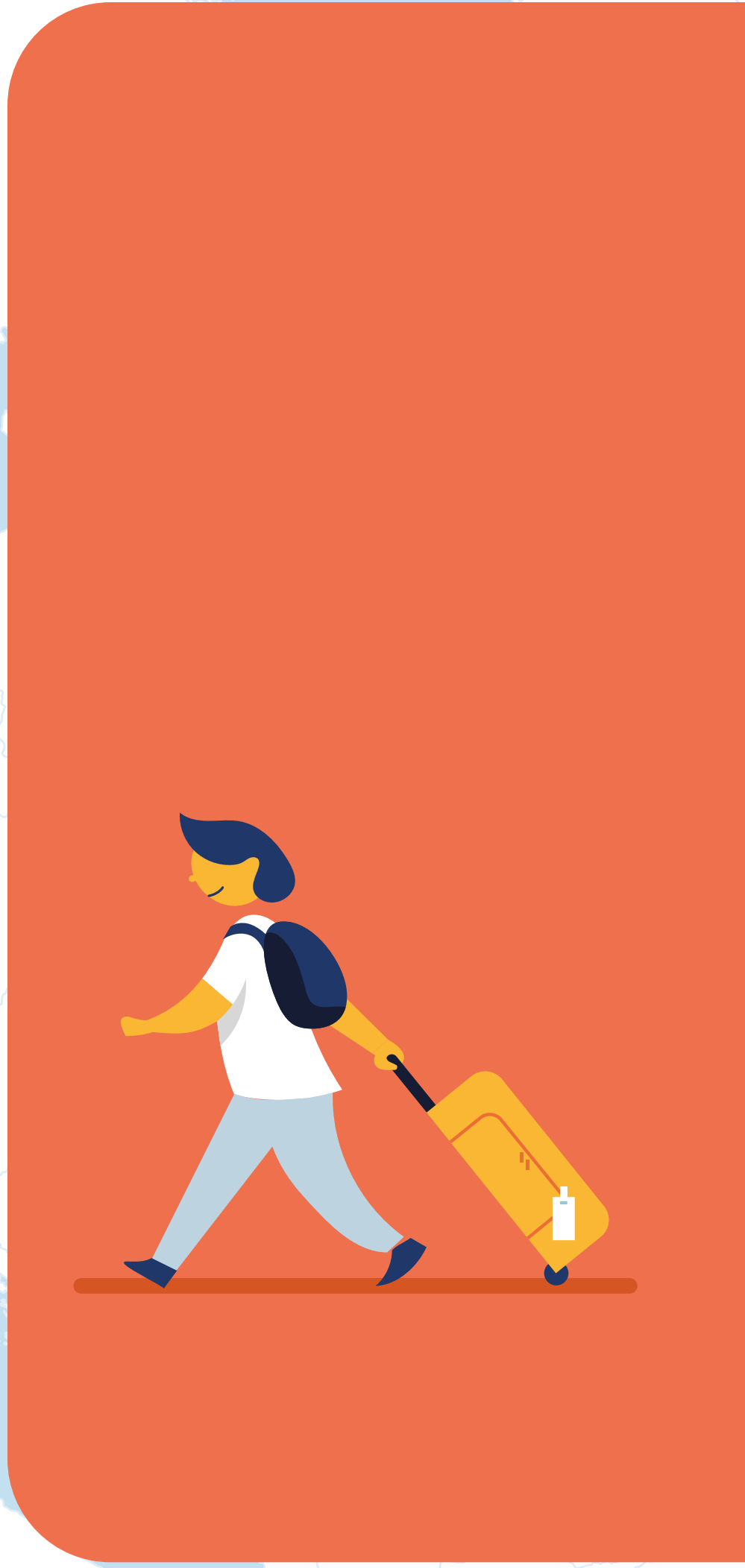
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Hungary</b>						
Budapest	14h 42m	3	84kg		5h	533kg

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Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Italy</b>						
Bologna	11h 39m	5	84kg		4h 45m	480kg
Milan	10h 14m	4	40kg		4h 40m	429kg
Rome	12h 48m	5	112kg		5h 10m	572kg
Turin	14h 59m	3	35kg		4h 40m	428kg


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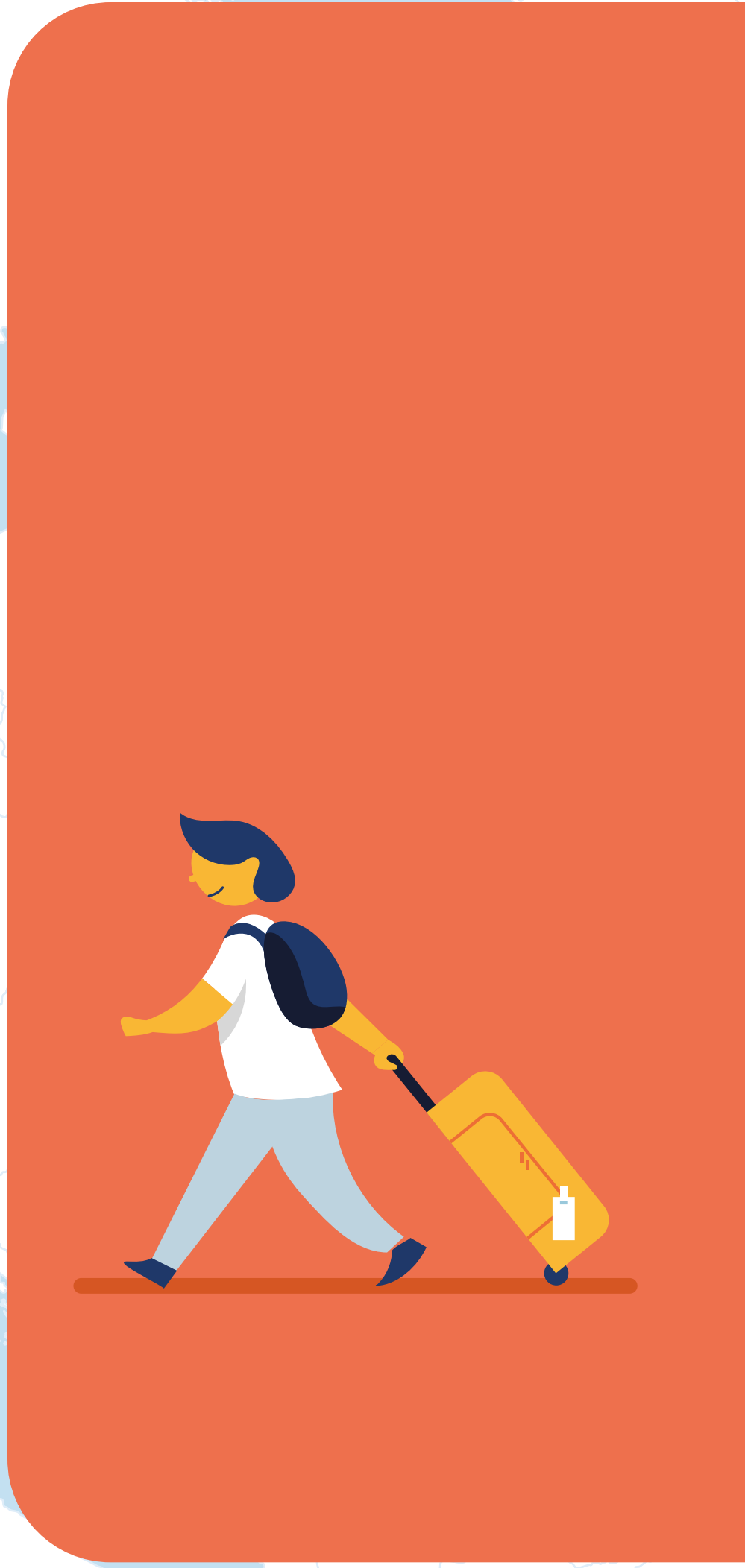
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Luxembourg</b>						
Luxembourg	5h 34m	2	21kg		4h	280kg


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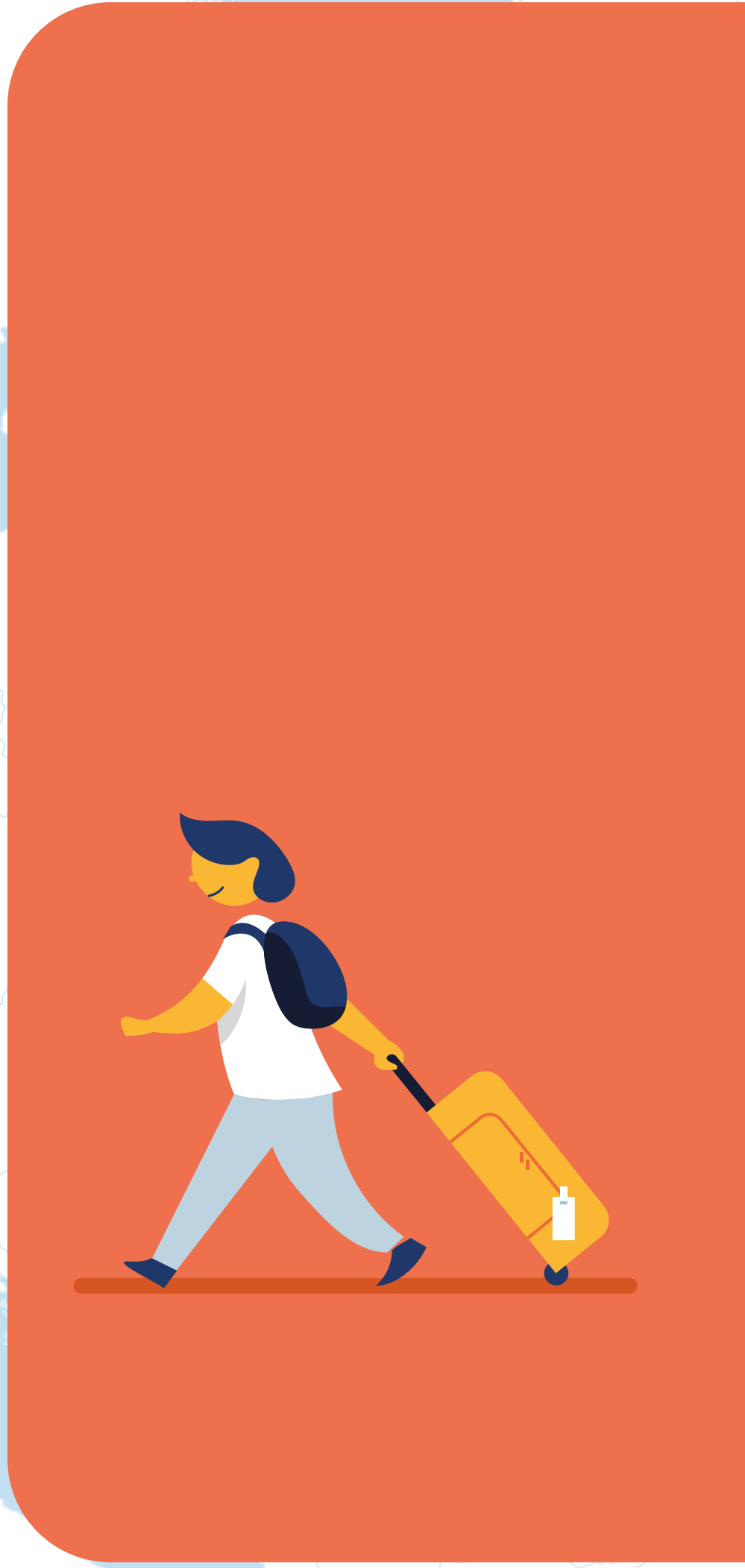
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Poland</b>						
Gdańsk	13h 43m	2	160kg		4h 40m	464kg
Kraków	14h 45m	2	178kg		4h 50m	505kg
Poznań	10h 31m	3	96kg		4h 40m	429kg
Warsaw	13h 12m	3	159kg		4h 40m	513kg
Wroclaw	11h 44m 	2	121kg		4h 40m	437kg


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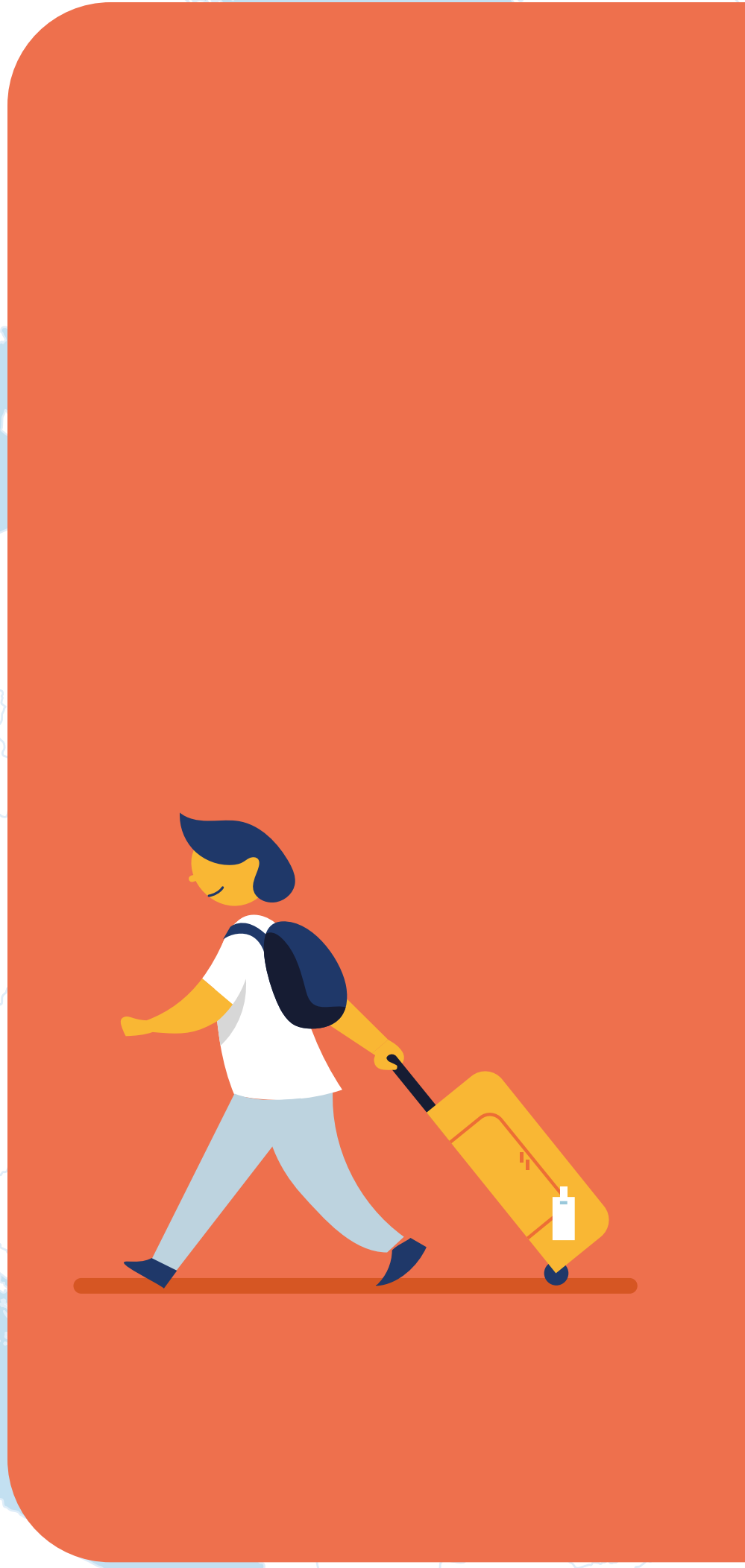
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Slovakia</b>						
Bratislava	12h 45m	3	68kg		5h 50m 	485kg

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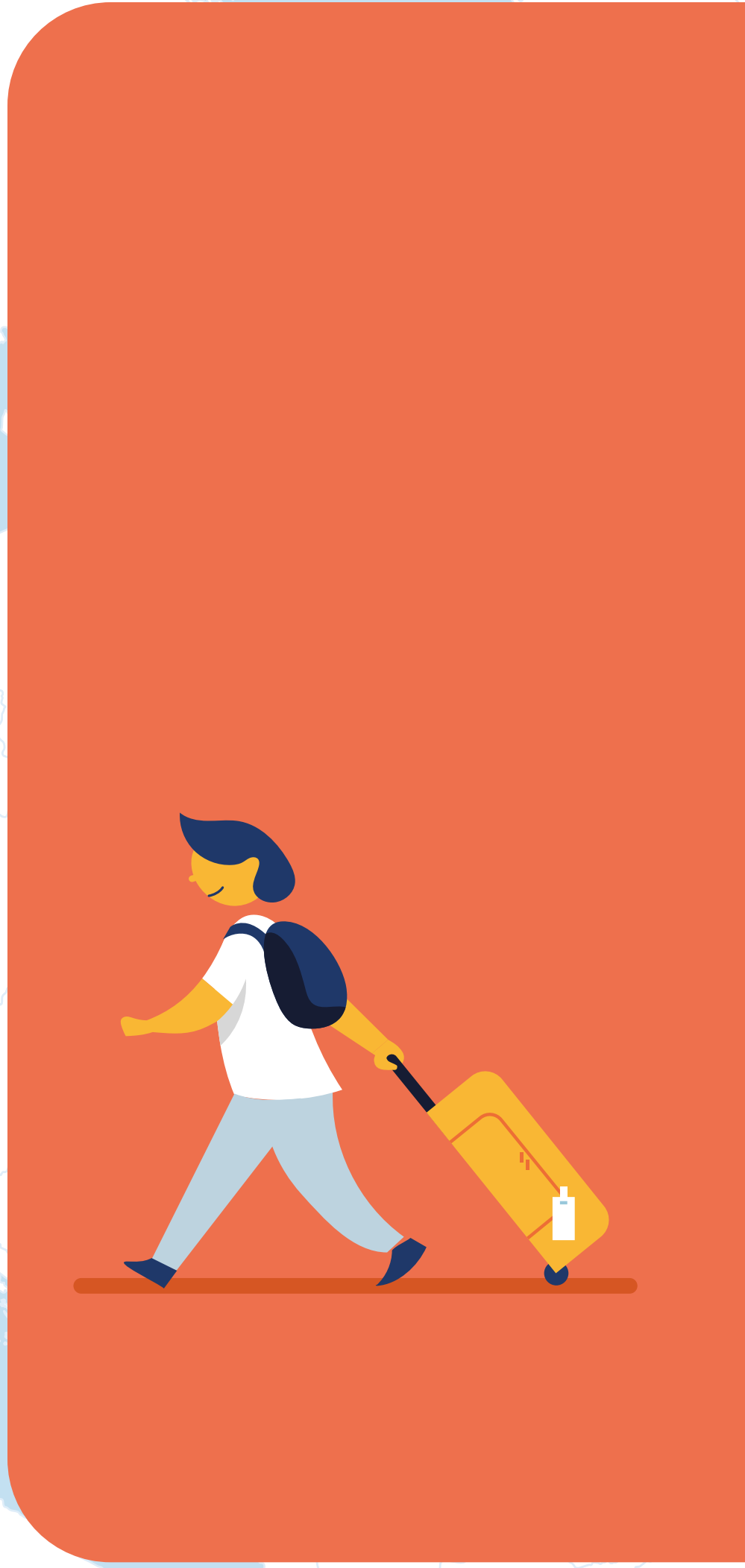
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Slovenia</b>						
Ljubljana	14h 49m	3	73kg		4h 45m	475kg

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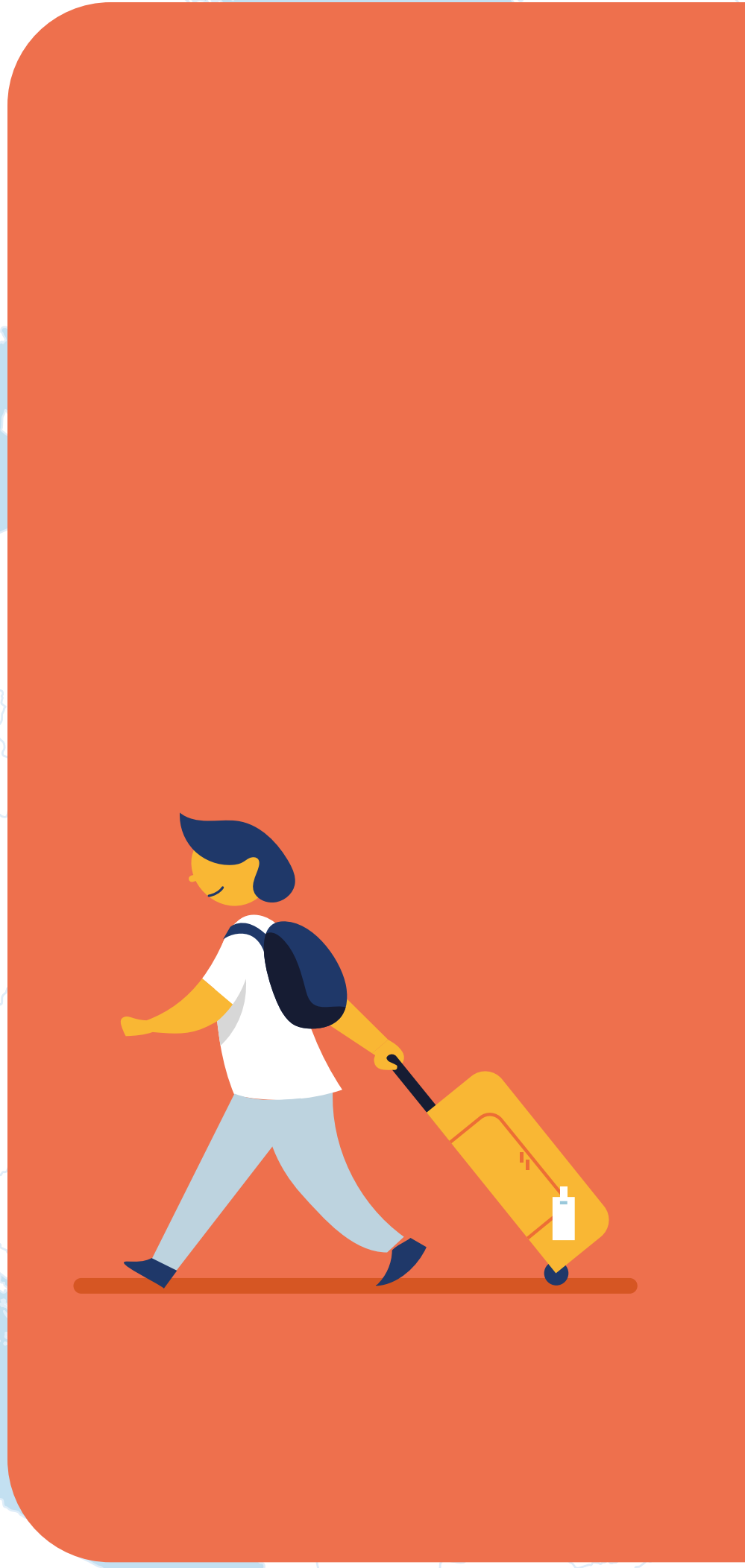
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Spain</b>						
Barcelona	11h 16m	2	38kg		5h 20m	555kg
Madrid	14h 57m	4	78kg		5h 40m	621kg

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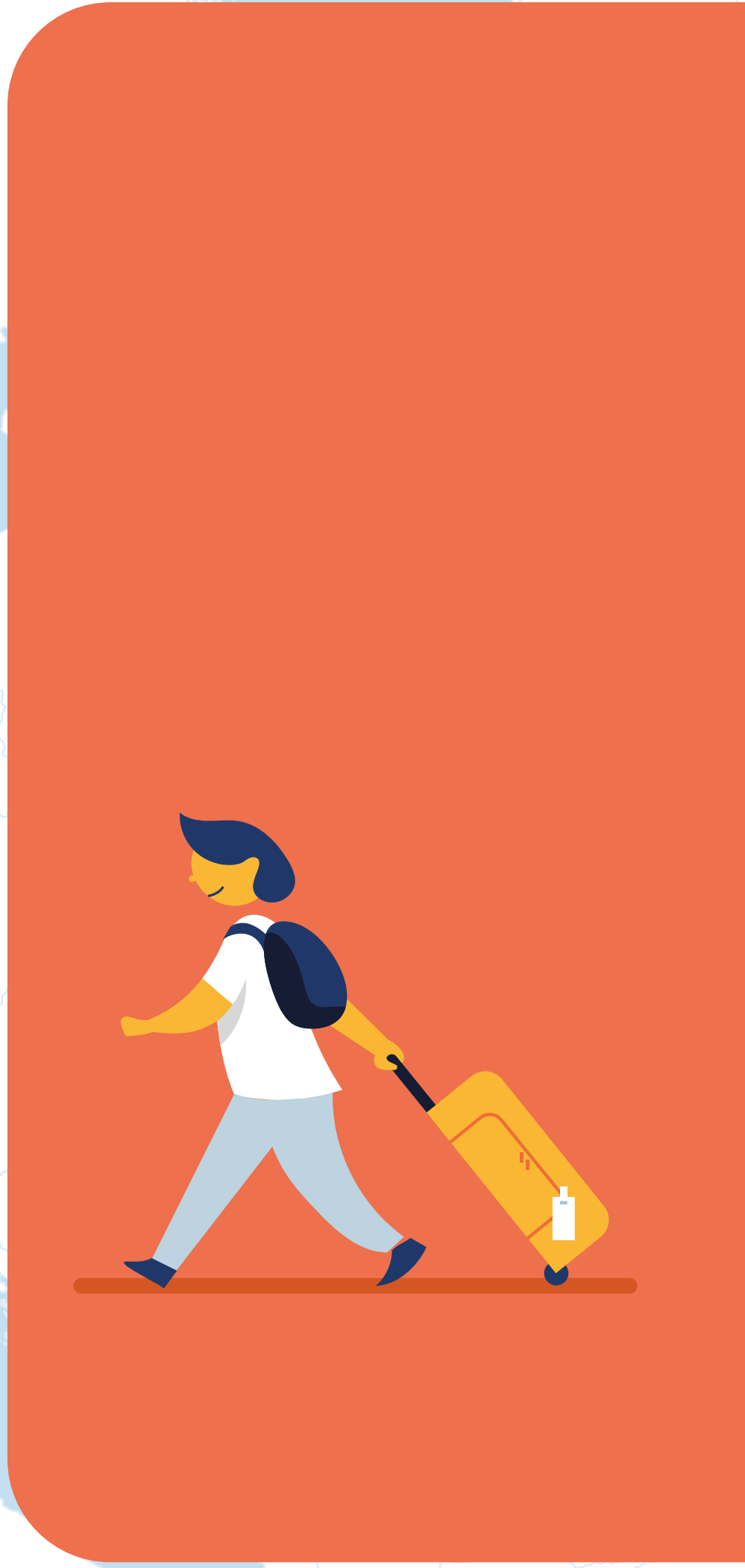
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission		Time by plane**	CO <sub>2</sub> Emission
<b>Sweden</b>						
Gothenburg	15h 37m	5	91kg		4h 30m	412kg
Stockholm	17h 46m	4	93kg		5h	529kg

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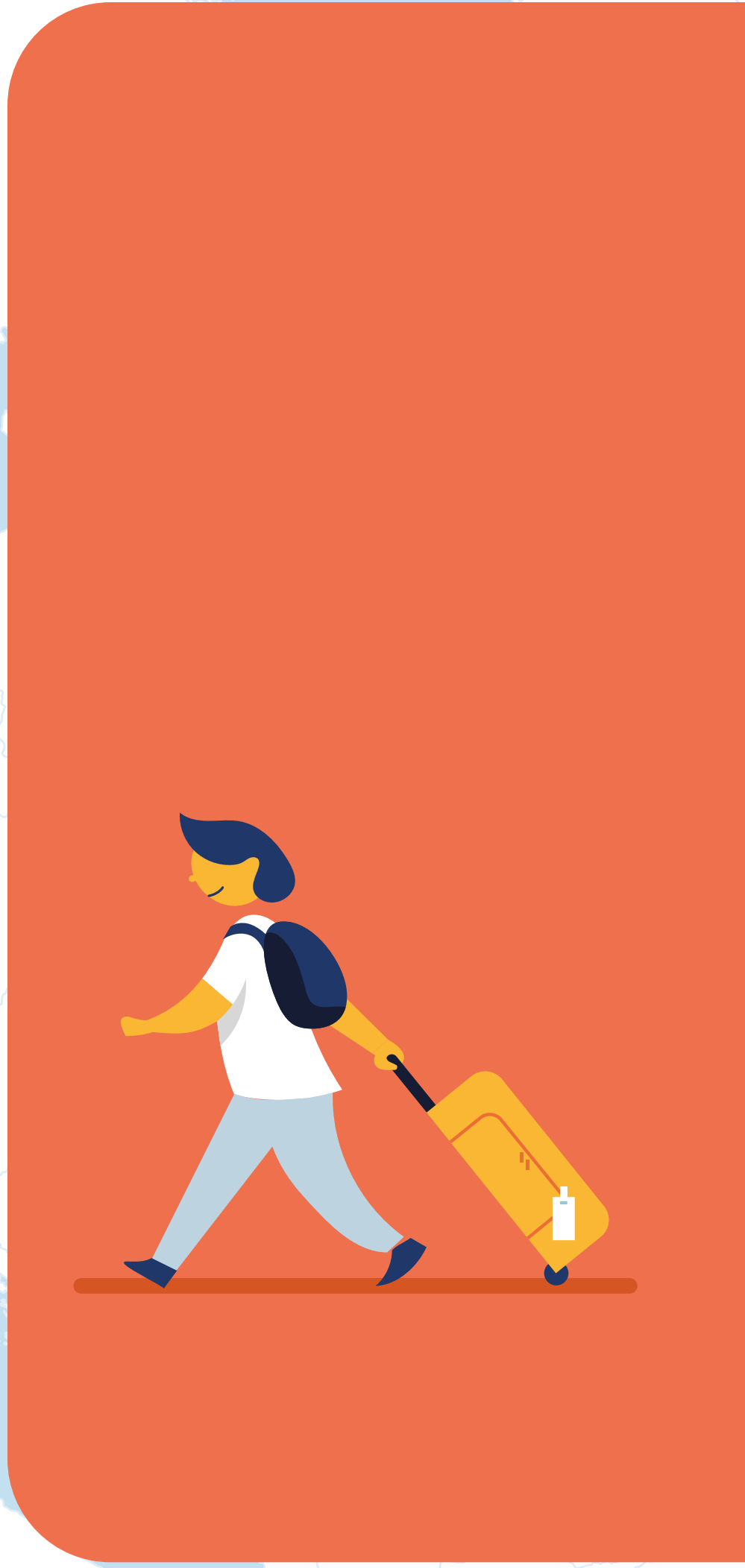
Destination	Time by train*	Transfers	CO <sub>2</sub> Emission	Time by plane**	CO <sub>2</sub> Emission
<b>Switzerland</b>					
Basel	7h 17m 	2	54kg	4h 20m	352kg
Bern	8h 18m	2	57kg	5h 20m 	352kg
Geneva	7h 15m	2	25kg	4h 30m	388kg
Zürich	8h 22m 	2	61kg	4h 30m	365kg









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<b>United Kingdom</b>					
Aberdeen	11h 51m 	3	129kg	4h 30m	395kg
Bath	7h 29m	2	48kg	4h 30m 	343kg
Birmingham	7h 23m	3	47kg	4h 15m	317kg
Bristol	6h 54m	2	49kg	4h 20m	341kg
Cambridge	5h 26m	2	38kg	4h 45m 	288kg
Cardiff	8h 2m	2	54kg	4h 15m	354kg
Edinburgh	9h 20m	2	95kg	4h 30m	383kg
Exeter	8h 13m 	3	60kg	5h 20m 	361kg
Glasgow	10h 	2	102kg	4h 35m	399kg
Leeds	7h 12m	2	62kg	4h 10m	323kg
Liverpool	8h	2	63kg	4h 25m	341kg
London	4h 32m	1	29kg	4h 20m	285kg
Manchester	7h 29m	2	71kg	4h 20m	330kg
Newcastle	7h 48m	2	75kg	4h 15m	341kg
Norwich	7h 18m	3	50kg	3h 50m	257kg
Oxford	6h 13m	2	51kg	5h 50m 	295kg
Sheffield	7h	3	57kg	5h 5m 	328kg
Southampton	6h 47m	4	42kg	4h 10m	319kg
York	6h 48m	2	67kg	4h 30m 	327kg

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