

EULiST General Assembly 2026

Sustainable Travel Recommendations and Other Travel Tips

Finland has been referred to functionally as '[An island on the edge of Europe](#)' in the scientific literature with regards to academic travel, which means low carbon options for business travel remain rather limited. In a study on sustainable travel options for EULiST members attending the upcoming General Assembly, we attempted to find a balance between all three spheres of sustainability (social, economic and environmental) and make appropriate recommendations. However, it was quickly noticed that only one option covered all three aspects of sustainability – don't travel. This is why you are encouraged to first question your need to travel, as this event will be held in hybrid mode.

In short, flying is the only option that considers the needs of personal safety, comfort and cost in a reasonable way. Ground transport involves multiple changes of travel modes that occur over a period of greater than 24 hours in each direction, and these changes may not always occur at times when people feel comfortable moving from one mode to another. There are also periods of waiting at interchanges, and these also lengthen the overall journey times.

Unfortunately, achieving comfort and security comes with high carbon emissions. However, we have tried to find pathways that still try to limit emissions given these other important considerations. We will also present some pathways for those that still wish to find the lowest carbon route. A second recommendation might be to choose one of these options for either the outbound or return legs of your trip if possible.

Sustainable travel options are listed for each EULiST university. Preference was given for direct flights when possible. General travel within Finland and Lappeenranta follow. All times listed are local times. Flight availability will naturally change over time. It is assumed that all outbound travel will occur on Sunday, May 10 and all return travel will occur on Thursday, May 14 (with the exception of NTUA for the return).

IMPORTANT NOTICE

As most of you may make your return travel on Thursday, May 14, please keep in mind that this is a public holiday (Ascension Day) in Finland. However, travel services will not be affected. Many shops will still be open and services available at the airport will not be affected.

Do you need further travel information?

Contact Michael.Child@lut.fi for personal guidance.

Jönköping University

It was determined that flying from Gothenburg would represent the most balanced option. However, carbon emissions can be reduced by travelling by air or ferry from Stockholm (see ferry information below in the section North Ground Travel Corridor).

Outbound

Flight AY 864 departs GOT at 13:00 from GOT and arrives in HEL at 15:20

Local train P departs Helsinki airport at 17:12 and arrives in Tikkurila at 17:20

InterCity train 111 departs Tikkurila at 17:31 and arrives in Lappeenranta at 19:24

Return

Pendolino 2 train departs Lappeenranta at 7:25 and arrives in Tikkurila at 9:14

Local train I departs Tikkurila at 9:26 and arrives at Helsinki airport at 9:33

Flight AY 863 departs HEL at 11:45 and arrives in GOT at 12:15

Leibniz University Hannover

It was determined that flying from Hamburg would represent the most balanced option. There are good train connections between Hannover and Hamburg airport, which offers direct flights to Helsinki. There are no direct flights from Hannover airport. Going by train to Hamburg and flying from there is also cheaper and faster in most cases.

Recommended Outbound

Flight AY 1424 departs HAM at 12:30, arriving in HEL at 15:20

Local train P departs Helsinki airport at 17:12 and arrives in Tikkurila at 17:20

InterCity train 111 departs Tikkurila at 17:31 and arrives in Lappeenranta at 19:24

Recommended Return

InterCity 104 train departs Lappeenranta at 6:31 and arrives in Tikkurila at 8:24

Local train I departs Tikkurila at 8:41 and arrives at Helsinki airport at 8:48

Flight AY 1423 departs HEL at 10:45, arriving in HAM at 11:45

Institut Mines-Télécom

It was determined that flying from Paris would represent the most balanced option. There are several flights per day between Paris and Helsinki offered from multiple airlines.

Recommended Outbound

Flight AY 1576 departs CDG at 15:05, arriving in HEL at 19:00

Local train P departs Helsinki airport at 21:22 and arrives in Tikkurila at 21:20

Pendolino 115 train departs Tikkurila at 21:31 and arrives in Lappeenranta at 23:21

Recommended Return

InterCity 4 train departs Lappeenranta at 8:31 and arrives in Tikkurila at 10:27

Local train I departs Tikkurila at 10:36 and arrives at Helsinki airport at 10:43

Flight AY 1575 departs HEL at 12:15, arriving in CDG at 14:20

Brno University of Technology / Slovak University of Technology in Bratislava / Technical University of Vienna

It was determined that each of these university staff members should depart from Vienna airport, which offers the most convenient choices of flight times, lowest prices, and lower emission options due to lower carbon take-off and landing strategies used at this airport. Ground transport options from BUT and STU are frequent, convenient and inexpensive.

Recommended Outbound

Flight AY 1472 departs VIE at 11:35, arriving in HEL at 15:00

Local train P departs Helsinki airport at 17:12 and arrives in Tikkurila at 17:20

InterCity train 111 departs Tikkurila at 17:31 and arrives in Lappeenranta at 19:24

Recommended Return

Pendolino 106 train departs Lappeenranta at 12:41 and arrives in Tikkurila at 14:39

Local train I departs Tikkurila at 14:46 and arrives at Helsinki airport at 14:53

Flight AY 1475 departs HEL at 16:55, arriving in VIE at 18:20

Rey Juan Carlos University

It was determined that flying from Madrid would represent the most balanced option. There is a direct flight each day between Madrid and Helsinki.

Recommended Outbound

Flight AY 1662 departs MAD at 10:15, arriving in HEL at 15:25

Local train P departs Helsinki airport at 17:12 and arrives in Tikkurila at 17:20

InterCity train 111 departs Tikkurila at 17:31 and arrives in Lappeenranta at 19:24

Recommended Return

Pendolino 106 train departs Lappeenranta at 12:41 and arrives in Tikkurila at 14:39

Local train I departs Tikkurila at 14:46 and arrives at Helsinki airport at 14:53

Flight AY 1661 departs HEL at 16:40, arriving in MAD at 20:05

University of L'Aquila

It was determined that flying from Rome would represent the most balanced option. There are several direct flights per day between Rome and Helsinki offered from multiple airlines.

Recommended Outbound

Flight AY 1762 departs FCO at 10:30, arriving in HEL at 14:55

Local train P departs Helsinki airport at 17:12 and arrives in Tikkurila at 17:20

InterCity train 111 departs Tikkurila at 17:31 and arrives in Lappeenranta at 19:24

Recommended Return

InterCity 6 train departs Lappeenranta at 11:31 and arrives in Tikkurila at 13:27

Local train I departs Tikkurila at 13:36 and arrives at Helsinki airport at 13:43

Flight AY 1763 departs HEL at 15:35, arriving in FCO at 18:00

National Technical University of Athens

There are no direct flights between Athens and Helsinki during the time period selected, and there are several other options offered by multiple airlines.

Recommended Outbound

Flight LH1751 departs ATH at 12:45 and LH 4070 departs MUC at 14:30, arriving in HEL at 18:55

Local train P departs Helsinki airport at 21:22 and arrives in Tikkurila at 21:20

Pendolino 115 train departs Tikkurila at 21:31 and arrives in Lappeenranta at 23:24

Recommended Return

The return journey should begin on Wednesday, May 13 after the GA programme has concluded. Airport hotels in Helsinki are the best option to get early flights the next day.

Pendolino 12 train departs Lappeenranta at 20:43 and arrives in Tikkurila at 22:30

Local train I departs Tikkurila at 22:41 and arrives at Helsinki airport at 22:48

Flight BT 302 departs HEL at 9:00 and BT 611 departs RIX at 11:10, arriving in ATH at 14:25

Welcome to Finland!

From Helsinki Airport

There is a railway station at the airport that runs regularly to nearby Tikkurila train station, where InterCity and Pendolino trains to Lappeenranta can be found. A single ticket for both can be purchased from VR, the government owned railway company. The [VR app](#) is perhaps the easiest way to book tickets, but the [VR website](#) can also be used for this purpose. Scheduling information can be found from both in English. The trip to Tikkurila from the airport is about 7 minutes, and trains run as often as every 10 minutes at peak times. The airport trains run on a loop in two directions to downtown Helsinki. Be sure to take a P train from the airport to Tikkurila as I trains travel in the other direction. On the return journey an I train will take you from Tikkurila back to the airport. The platforms should clearly show the direction of the next train. Train stations in Finland have multiple information screens to help you.

Be sure to validate your train tickets on the train. This can be done through the app, on the train or by the conductor. You are not strictly obliged to take a specific local train from the airport to Tikkurila. Some tolerance is built into the timing as VR is aware that arrival and departure times can vary. InterCity and Pendolino train tickets are less flexible. However, the VR app can be used to make fast changes. Otherwise, a central phone number must be used to make changes to tickets for a fee. See your ticket for details.

Your local train ticket between Tikkurila station and the airport is not time-specific even if the ticket has a specified time. Taking an earlier or later local train is possible (not so for Pendolino or InterCity trains), and many travellers prefer to spend more time at Tikkurila train station than at the airport. The station is attached to the Dixi mall, which offers a wide range of shops and restaurants.

Welcome to Lappeenranta!

From the Lappeenranta Train Station

Local buses stop to the right as you leave the platform at Lappeenranta station. A taxi rank is found to the left. Bus 5 will take you to the LUT campus, which is the terminus of

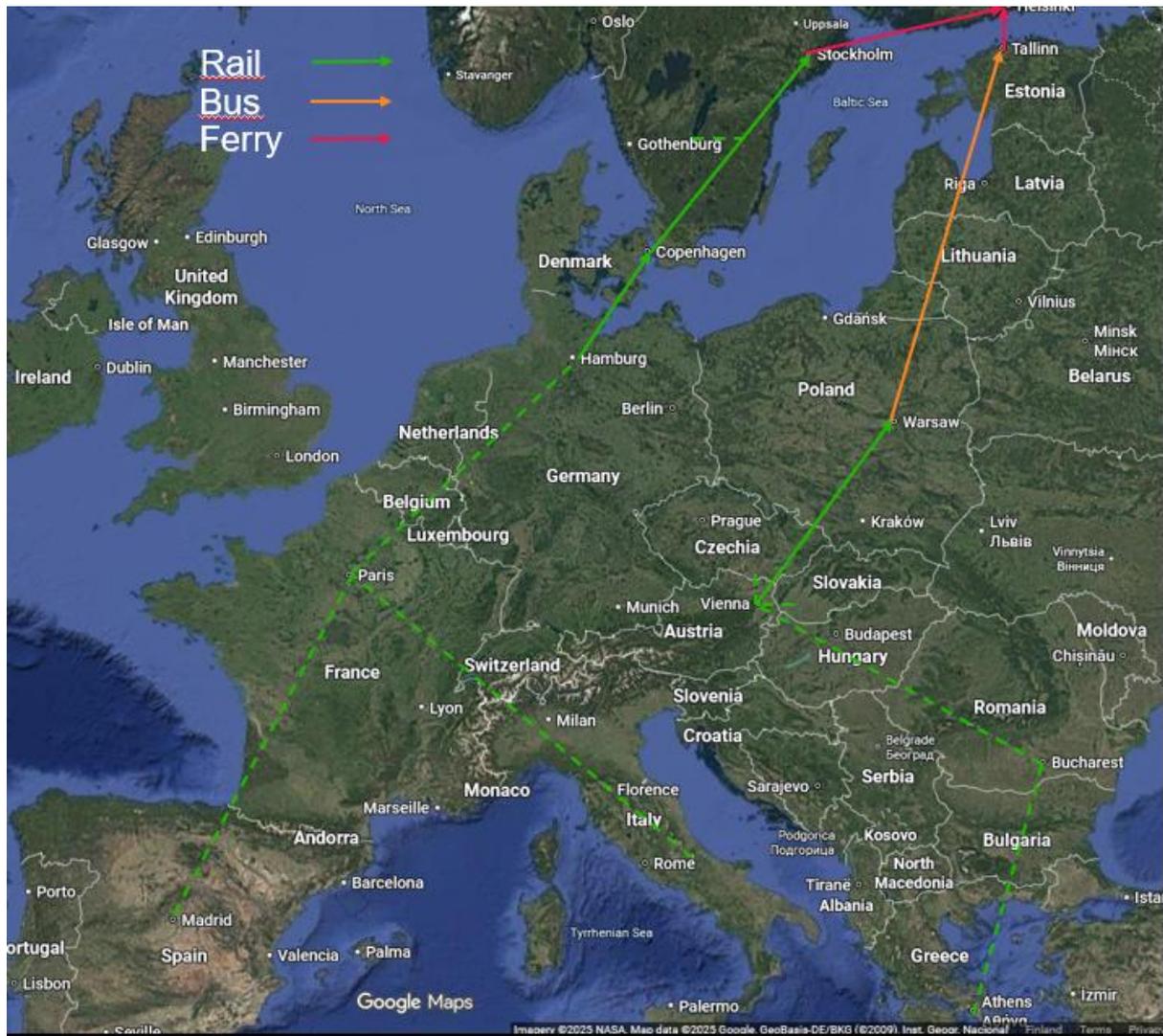
that route. This bus runs hourly on Sundays, and departures have been synced with train arrival and departure times. The [Waltti app](#) can be used to book bus tickets in several Finnish cities, but cash and cards can also be used on the bus. The downtown core is about 1.5 km from the train station, and taxis may be a more convenient option to reach hotels. Please be advised that taxi travel is expensive in Finland compared to other countries.

Getting Around Lappeenranta

Bus lines 1 and 5 travel regularly between the university and downtown Lappeenranta. Further information, including bus schedules, can be found [here](#). Further general information can be found here for [Bus and Taxi service in Lappeenranta](#).

Lowest Carbon Options – Ground Transport

Consider these options if you have a higher tolerance for travel-related discomfort and lower concerns for personal safety due to possible familiarity with the travel routes, which may involve a number of changes in modes of transport. Keep in mind that while the options presented are quite time-consuming, they can also offer benefits, such as a chance to see different places from ground level. Ground transport options also offer comfortable ferry service in the Gulf of Finland from either Stockholm or Tallinn. Ground transport may offer some welcome solitude or a chance to have extended meetings or conversations with colleagues who may be along for the journey. Two travel corridors were investigated and both offer connections to Finland.



North Ground Travel Corridor

The North Ground Travel Corridor begins at Hamburg rail station and proceeds overnight to Stockholm. This is followed by an overnight ferry from Stockholm to the Port of Helsinki. Streetcars or buses travel regularly from Helsinki Ports to the main railway station in Helsinki, where trains can be taken to Lappeenranta. A Friday afternoon train departing Hamburg will allow you arrive in Lappeenranta before midday on Sunday.

South Ground Travel Corridor

The South Ground Travel Corridor begins at Vienna, Brno or Bratislava railway stations and proceeds to Warsaw, from where the journey continues by overnight bus to Tallin, Estonia. Bus tickets can be bought through FlixBus that include the price of the ferry from Tallinn to Helsinki. Streetcars or buses travel regularly from Helsinki Ports to the main railway station in Helsinki, where trains can be taken to Lappeenranta. A Saturday afternoon bus departing Warsaw at 18:30 will allow you to arrive in Lappeenranta in the evening on Sunday.