

## **COST Action CA19136 - NET4Age-Friendly**

International interdisciplinary network on health and wellbeing in an age-friendly digital world

### **Training School**

The Sustainability of Health Promotion and Disease Prevention,  
with a special focus on Big Data and Business Modelling

**12-15 September 2022**

Ana Aslan International Foundation (AAIF) and Carol Davila University of Medicine and Pharmacy – CieH

Venue: University of Medicine and Pharmacy "Carol Davila", 8 Bulevardul Eroii Sanitari, Bucharest, Romania

[Venue map](#)

## **1. The venue**

**University of Medicine and Pharmacy "Carol Davila" Bucharest**

8 Bulevardul Eroii Sanitari, Bucharest, Romania [Venue map](#)



Carol Davila University of Medicine and Pharmacy is a public health sciences university in Bucharest, Romania. The Faculty of Medicine opened its courses on November 1869 and became one of the most prestigious of its kind in Romania and Eastern Europe and one of the largest and oldest institutions of its kind in Romania.

<https://umfcd.ro/en/>

## **2. Accommodation in Bucharest**

One may choose from the nearby [Hotels](#) listed on the Google Maps or on [Booking](#) or from the many Airbnb accommodation alternatives [Airbnb](#).

Some options nearby the venue and the city center (prices may vary depending on the occupancy rate):

**HOTEL PARLIAMENT \*\*\*\***, 55 eur/sgl/night

106 Izvor Street, Bucharest, Romania, [fom@parliament-hotel.ro](mailto:fom@parliament-hotel.ro)  
[www.parliament-hotel.ro](http://www.parliament-hotel.ro)

**RIN Central Hotel\*\*\*\***, 55 eur/sgl/night

55A, Traian Street, Bucharest, Romania  
<https://www.rinhotels.ro/rin-central-hotel/>

**CONTINENTAL FORUM BUCUREȘTI\*\*\*\***, 69 eur/sgl/night

82-84 Izvor St., Bucharest, Romania  
<https://continental-forum-bucuresti.continentalhotels.ro/>

**EUROPA ROYALE BUCHAREST\*\*\*\***, 55 eur/sgl/night  
60 Franceza Street, Old City, Bucharest, Romania  
<https://www.europaroyalebucharest.ro/>

**FILITTI BOUTIQUE HOTEL**  
4 Ion C. Filitti street, Bucharest, Romania  
[www.filittihotel.ro](http://www.filittihotel.ro)

**INTERNATIONAL BUCHAREST CITY CENTRE HOTEL**  
27-25 Cauzasi street, Bucharest, Romania  
[www.international-bucharest.ro](http://www.international-bucharest.ro)

**MERCURE BUCHAREST UNIRII**  
28th Mircea Voda Boulevard  
<https://all.accor.com/hotel/A1H4/index.en.shtml>

**HILTON GARDEN INN BUCHAREST**  
12 Doamnei street, Bucharest, Romania  
[https://www.hiltonhotels.com/ro\\_RO/romania/hilton-garden-inn-bucharest-old-town/](https://www.hiltonhotels.com/ro_RO/romania/hilton-garden-inn-bucharest-old-town/)

**GRAND HOTEL CONTINENTAL BUCHAREST\*\*\*\*\***  
56 Calea Victoriei street  
<https://grand-hotel-continental-bucuresti.continentalhotels.ro/>

### 3. Travelling to/in Romania

#### Conditions of traveling to Romania

Since 2007 when Romania became an EU member, EU citizens can use a national identity card or a passport for traveling to Romania. For the list of countries whose nationals, holders of simple travel documents, must be in possession of a visa upon entry in the Romanian territory (list drafted according to the provisions of EC Regulation no. 539/2001), as well as for the exceptions to the obligation of getting a Romanian visa, please visit the official website of Romania's Ministry of Foreign Affairs, the "Romanian Visa" Section at: <http://www.mae.ro/en/node/2040>

Other information related to travel conditions and COVID-19 related travel restrictions are available here: <https://www.mae.ro/en/node/2084> , <https://www.mae.ro/en/node/30320> .

### 4. Transport in Bucharest

The Otopeni Airport (officially named "Henri Coandă") is located 17 km north of the city center, on the National Road (DN) 1.

#### From the airport

##### By taxi/rideshare

To quickly order a taxi from the airport, it is best to use the touch screens in the arrivals hall which display the time the taxi arrives and its ID number. Take only authorized taxis. A standard price is around 1,99 lei/km (0.45 euro/km) plus the starting, which is about one kilometer's ride. Also there exist some companies that use 3.5 lei/km (0.8 euro/km), with some variations depending on the time of the day / night when you go and on the type of car. Before getting on, be careful to observe the price printed on the side and, before starting, be sure that the taxi meter is on. You can call a taxi at the following phone numbers: 021 9477, 021 9494, 021 9444, 021 9488. <https://www.bucharestairports.ro/en/transport/taxi>

**Uber and Bolt services are available in Bucharest.** If you choose it for your transfer from the airport to the city center, please be aware that they are not allowed to stop in front of the terminals and probably will wait in the parking at the first floor of International Arrivals Terminal.

#### **By bus**

To get to the city center, you can also take bus 783 which stops in front of the airport and leaves every 30 minutes during the day and every 40 minutes during night time.

More information on the routes, prices and payment methods are available on the official website of the Bucharest Transport Company: [https://www.stbsa.ro/eng/statii\\_eng](https://www.stbsa.ro/eng/statii_eng) , [https://www.stbsa.ro/eng/trips\\_eng](https://www.stbsa.ro/eng/trips_eng) , <https://www.stbsa.ro/eng/index>

#### **By train**

There is also a fast connection between Henri Coandă Airport and Bucharest North Railway Station ([map](#)) .

<https://www.bucharestairports.ro/en/transport/train-connection>

Timetable and info: [train](#)

#### **Around the city**

- ✓ taxi/rideshare
- ✓ bus, tram, trolleybus: [https://www.stbsa.ro/eng/statii\\_eng](https://www.stbsa.ro/eng/statii_eng) , [https://www.stbsa.ro/eng/trips\\_eng](https://www.stbsa.ro/eng/trips_eng) , <https://www.stbsa.ro/eng/index>
- ✓ metro: [map](#) ; the nearest station to the Venue is **Eroilor**

A very useful app for moving around the city: <https://moovitapp.com/>

## **5. Practical Information**

#### **Currency**

Romania's currency is Leu (plural "Lei"), abbreviated RON. The banknote denominations are 1, 5, 10, 50, 100 and 500 lei and the coins are 1, 5, 10 and 50 bani pieces. Foreign currencies may be exchanged at banks or authorized exchange offices. International airports and larger hotels also offer currency exchange services. However, payment with card is largely accepted in most of the shops,

#### **Voltage**

Romania's electrical power is 230 V; 50 cycles and sockets take the standard continental European dual round-pronged plugs. A plug adaptor is required for non-European appliances. Please remember that simple adapters do not convert voltage or frequency.

#### **Dialing**

International direct dialing service is available throughout Romania.

-Dialing within Romania:

0 + three digit area code + six digit telephone - when dialing anywhere in the countryside or

0 + 21 + seven digit telephone # or 0 + 31 + seven digit telephone - when dialing a number Bucharest.

Three digit telephone numbers are local toll-free numbers for emergencies or businesses.

-International dialing from Romania: 00 + country code + area code + telephone

-Dialing from a foreign country directly to Bucharest:

International Access Code +40 (country code) + 21 + seven digit telephone

-Dialing from a foreign country directly to any other city in Romania:

International Access Code + 40 (country code) + three digit area code + six digit phone



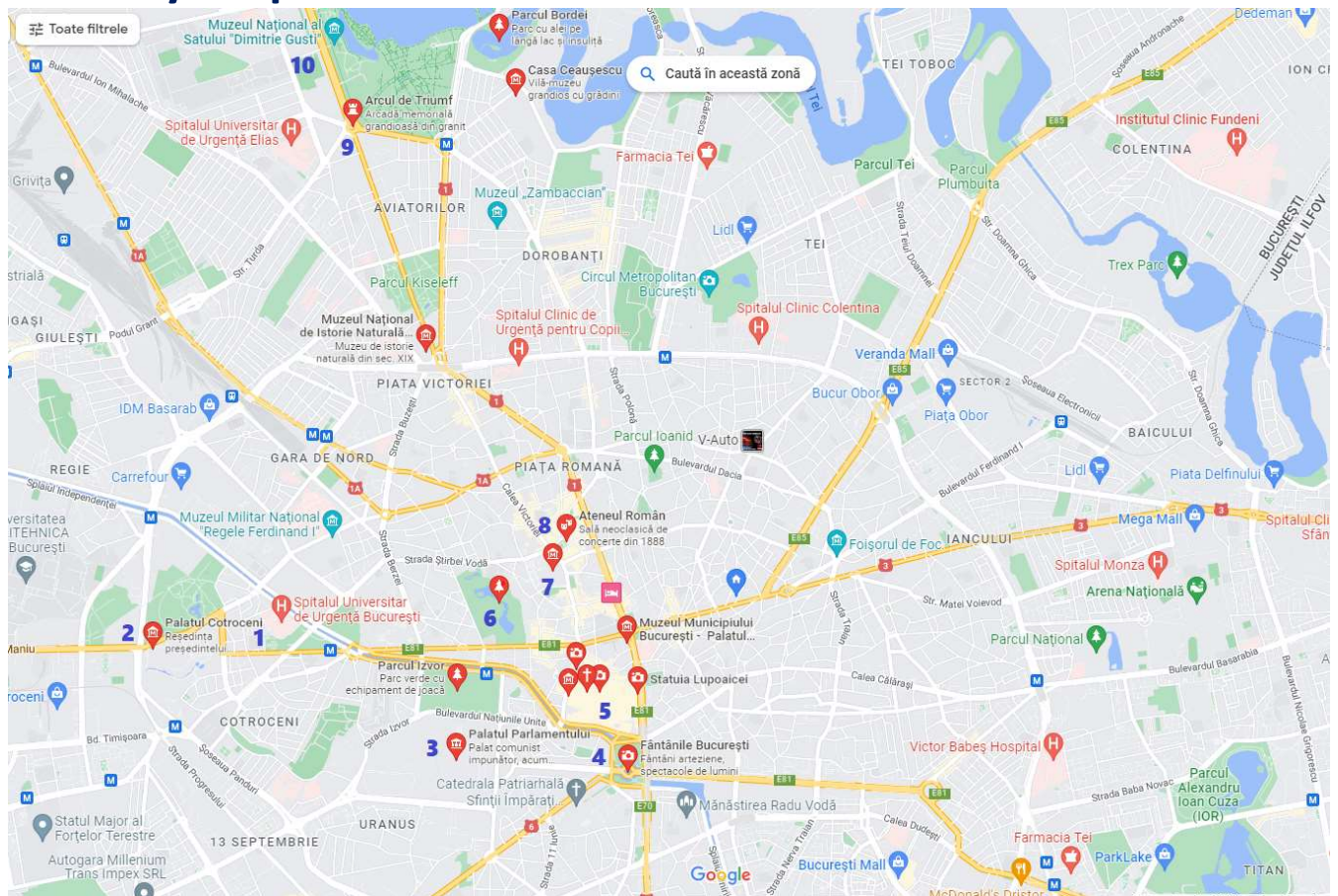
### Internet access

Romania has several Internet access providers offering advanced services such as Internet messaging via mobile telephone, Internet paging, international roaming and more. Internet access via Wi-fi hotspots is available almost in every restaurant, café or hotel for free.

### Security and emergency phone number

The general emergency phone number is 112.

## 6. City map and attractions



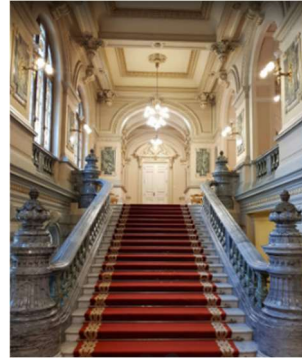
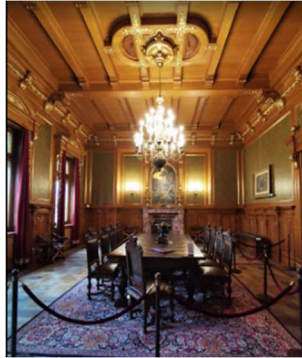
Legend:

- 1. Training school's venue:** University of Medicine and Pharmacy "Carol Davila", 8 Bulevardul Eroii Sanitari, Bucharest ([Venue map](#))





2. **Cotroceni Presidency Palace & Cotroceni National Museum** – booking in advance is required - [http://www.muzeulcotroceni.ro/viziteaza/vizitare\\_eng.html](http://www.muzeulcotroceni.ro/viziteaza/vizitare_eng.html)



3. **Palace of the Parliament** - booking in advance is required - <http://cic.cdep.ro/en/opening-hours-and-tariffs>



4. **Downtown Bucharest fountains** – Unirii square



5. **Old Town**





**6. Cismigiu Gardens**



**7. National Museum of Art of Romania**



**8. Romanian Athenaeum**



**9. Arch of Triumph Bucharest**



## 10. Romanian Village Museum & Herastrau Park



## 7. Tourist information

With an area of 92,043 square miles (approximately the same size as the United Kingdom and slightly smaller than the U.S. state of Oregon), Romania is the largest country in Southeastern Europe and shares borders with Hungary to the northwest, Serbia to the southeast, Bulgaria to the south, the Black Sea to the southeast, Ukraine to the east and to the north and the Republic of Moldova to the east.

Romania's terrain is approximately evenly divided between the splendid Carpathian Mountains (also known as the Transylvanian Alps), traversing the center of the country, hills and plateaus rich in orchards and vineyards, and fertile plains mainly devoted to agriculture. The main attractions in Romania include the Danube Delta - the second largest and best preserved delta in the world, home to over 5,500 flora and fauna species; the national parks in the Carpathian Mountains providing numerous choices for exciting outdoor experiences such as rock climbing, bird watching, horse riding, wandering in the countryside, visiting caves or studying the endangered flora; the Black Sea resorts; Romania's outstanding collection of castles and fortresses: Peles Castle in Sinaia, Rasnov Fortress, Bran Castle, Cismatie Fortified Church, Corvinesti Castle in Hunedoara, Fagaras Fortress, the fortified Saxon churches in Biertan, Calnic, Darju, Prejmer, Saschiz, Valea Viilor and Viscri designed by UNESCO as World Heritage Sites; the painted monasteries in Bucovina (northeastern Romania), the towns of Brasov, Sibiu, Cluj Napoca, Sighisoara, Bistrita, Medias, Sebes best illustrating the rich medieval heritage of the country; traditional Romanian villages rich in architecture, traditions and history; or the natural spas in Baile Felix, Bazna, Eforie Nord, Mangalia, Ocna Sibiului, and Sovata - started by the Romans and unique in Europe.

Bucharest, the capital city of Romania and its political, administrative, financial, economic commercial, cultural and scientific center is the largest city in the country with a population of over 2.3 million inhabitants. Populated since 500 BC and first documented in 1459, the city of

Bucharest is said to have been founded on the Dambovitza River banks by shepherd Bucur whose name literally means 'joy'; the city which became known as 'Little Paris' for its glorious Belle Époque buildings and its reputation for the high life is now a busy metropolis. Its main attractions include the House of the Free Press, the Arch of Triumph, Victoriei Avenue- the oldest and one of the most beautiful streets in the city – the Cantacuzino Palace, the historical Revolution Square, the Military Club, the National History Museum, the Romanian Athenaeum, the Athenee Palace Hotel, Kretzulescu Church, the Royal Palace Great Concert Hall, the Palace of the Savings Bank and many others. The city's unique charm is perhaps best reflected by its old historical center: the area of Lipscani - named after the numerous German traders from Lipsca or Leiptzig, which today hosts a variety of art galleries, antique shops, coffeehouses and restaurants -, the remains of the Old Princely Court and Church built in the 15th century by Vlad Tepes, known as Dracula, Manuc's Inn, The Beer Cart Restaurant, and the National Bank of Romania should not be missed. Other wonderful places to visit

in Bucharest are its historic churches (such as the Apostles` Church, the Metropolitan Church, the Stavropoleos Church, St. Joseph`s Cathedral, St. Nicolas Church), museums (including the Art Collection Museum, Cotroceni Palace and Museum, George Enescu Museum, Grigore Antipa Natural History Museum, Museum of the Romanian Peasant, National History Museum, National Military Museum, Village Museum, National Museum of Contemporary Art and many other), or its beautiful parks and gardens like the Cismigiu Garden, the Botanical Garden, Herastrau Park or Carol I Park. For getting familiar with the city`s central area and its main places of interest in less than one hour, hop-on, hop-off bus tours are available daily during the warm season by new double-decker buses. For more information, please visit Romania`s official travel and tourism information website at: <http://www.romania.travel/>

For more information, travel advices or problems encountered during your trip in Romania, you may contact the local organizer:

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