ESTIMATED COSTS OF PARTICIPATION IN ELSA DELEGATIONS

SEMINARS & CONFERENCES 2023/2024







Foreword

To give an overview of the costs connected with participation in the ELSA Delegations, the ELSA Delegations Team created the document with the estimated costs of your stay in the cities, where most of the ELSA Delegations take place. The content of the estimated costs consists of three factors: accommodation, meals and public transport within the relevant city. Please note that estimated costs, which are calculated in this document, do not include travel expenses to and from the city, where the respective ELSA Delegation takes place. Moreover, please bear in mind, that the given data are only examples of the wide spectrum of accommodation, meals and transportation, used to illustrate the costs linked to the living expenses in the specific city. Hence, the whole calculation is based on the hypothetical participation in the ELSA Delegations.

We wish you a good reading!

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Geneva

General Information

Geneva is the second most populous city in Switzerland (after Zürich) and is the most populous city of Romandy (the French-speaking part of Switzerland). Situated where the Rhône River exits Lake Geneva (in French also known as Lac Léman), it is the capital of the Republic and Canton of Geneva. While the municipality itself (city centre) has a population (as of December 2020) of 203,951, the metropolitan area has 1,044,766 residents.¹.

Geneva is a global city, a financial centre, a worldwide centre for diplomacy and the most important international cooperation centre with New York because of the presence of numerous international organisations, including the headquarters of many of the agencies of the United Nations and the Red Cross. It is also the place where the Geneva Conventions were signed, which chiefly concerned the treatment of wartime non-combatants and prisoners of war².

Geneva has been described as the third European financial centre after London and Zürich, and the world's fifteenth most important financial centre by the Global Financial Centres Index, ahead of Frankfurt and Sydney, and a 2009 survey by Mercer found Geneva to have the third-highest quality of life of any city in the world (narrowly outranked by Zürich). The city has been referred to as the world's most compact metropolis and the 'Peace Capital'. According to the World Cost of Living of 2020, Geneva was ranked as the tenth most expensive city in the world³.

Below you can find some links with general information about the city:

- <u>http://www.geneva.ch/</u>
- <u>http://www.geneva.info/</u>

² Ibid.

¹ Geneva, available at: <u>www.en.wikipedia.org/wiki/Geneva</u> (last accessed 29/06/2024).

³ World Cost of Living of 2020, available at:<u>https://www.eiu.com/n/campaigns/worldwide-cost-of-living-2020/</u> (last accessed 9/04/2020).



• <u>www.geneve-tourisme.ch</u>

Reaching Geneva

The International Airport of Geneva opens at 5 a.m. and closes at midnight: <u>www.gva.ch</u>. On arrival by air, a free 'Unireso' ticket can be taken from the ticket machine (baggage recovery area). The ticket enables its holder to take a train from the airport to the central train station 'Cornavin' of Geneva (<u>www.cff.ch</u>) and to use public transport in Geneva city for 80 minutes.

The main bus lines from the airport to the centre of Geneva are lines 5 and 10. Visit <u>this page</u> for more buses and their routes. Alternatively, you can take the train from Geneva Airport (station: Genève-Aéroport) to the central station, Geneva-Cornavin. Trains run every 12-20 minutes and the journey takes approximately 7 minutes.

To get back to the airport, you can purchase a UNIRESO Zone 10 ticket. This can also be used on trains. A ticket costs CHF 3.00 for a 60-minute journey (approximately EUR 1.03 in June 2024). Alternatively, you could use the free Geneva public transport pass (see below).

The main airline of Geneva is <u>SWISS Air</u>, which operates nationally and internationally. Popular European budget airlines include <u>EasyJet</u> and <u>Ryanair</u>. Your country may also have their own airlines operating flights to Geneva. In case there are no direct flights, nearby airports include Lyon-Saint Exupéry Airport and Bern Airport. You may use flight comparison sites to search for deals - however, it is often cheaper and easier to book directly through the airline. This is particularly true in case of flight delays or changes.

Life in Geneva during an ELSA Delegation⁴

While preparing for an ELSA Delegation you will have to book the accommodation and get to know the places to get a meal or how to move around the city. In this section, you may find some recommendations of the former ELSA Delegates and suggestions prepared by the ELSA Delegations Team.

⁴ Please note that all prices are relevant for the end of the year 2024.



To help you get an overview of the expenses during an ELSA Delegation in Geneva, here are the estimated prices and costs of participation in an ELSA Delegation. The content of estimated costs consists of three factors: accommodation, meals and public transport within the relevant city. Given data are only examples of the wide spectrum of accommodation, meals and transportation, used to illustrate the costs linked to the living expenses in the specific city.

Accommodation⁵

The prices of the accommodation vary according to the type of accommodation you choose. Below you can find an overview of the average prices for different types of accommodation. Please remember that the data provided are only examples of a wide spectrum of places available in Geneva.

Hotel

	Minimum price range	Medium price range	High price range
Name	Ibis budget Geneva	Hotel Mon Repos	Hotel Montbrillant Geneve
Address	<u>Avenue Louis-Casaï 26,</u> <u>1216 Geneva,</u> <u>Switzerland</u>	<u>Rue de Lausanne 131,</u> <u>1202 Genève,</u> <u>Switzerland</u>	<u>Rue de Montbrillant 2,</u> <u>1201 Genève,</u> <u>Switzerland</u>
Website	<u>Click Here</u>	<u>Click Here</u>	Click Here
Costs	Standard room with 2 single beds/night from: 114 CHF	Standard single room / night from: 122 CHF	Standard single room / night from: 190 CHF

⁵ Examples of the selected accommodation are as close to the Palais de Nations as possible.



Hostel⁶

	Minimum price range	Medium price range	High price range
Name	Meininger Hostel	Nyon Hostel	City Hostel Geneva
Address	<u>Rue de Lyon 118, 1203</u> <u>Genève, Switzerland</u>	<u>Chem. des Plantaz 47,</u> 1260 Nyon, Switzerland	<u>Rue Ferrier 2, 1202</u> <u>Genève, Switzerland</u>
Website	<u>Click Here</u>	<u>Click Here</u>	Click Here
Costs	Multi-bed room/night from 38,59 CHF	Multi-bed room/night from 40 CHF	Multi-bed room/night from 40,75 CHF

Airbnb

Another option is to look on AirBnB. It is possible to find a variety of different rooms in various locations across the city, depending on your budget and what accommodation you are looking for. The price may vary considerably depending on these factors.

We recommend searching for a 6-person flat, even though ELSA Delegations are often a maximum of 5 people per delegation because they are generally easier to find.

Food

In general, Geneva is quite an expensive city. Having a meal in the city in less expensive places is of an average cost between 15 and 30 CHF /per meal /per person. However, you can lower the costs of meals by buying food in supermarkets like **Coop, Lidl, and Migros,** while some of them have their own mini-restaurants, with average prices of around 5-10 CHF.

If your time for lunch is limited, you can find canteens in the UN buildings.

For WIPO Delegates

WIPO headquarters have three canteens - one in the PCT building, one in the Procter & Gamble (P&G) building and one in the new building (the one with the library). Both canteens

⁶ The prices are calculated per person.



are located on the ground floor. The canteen in the PCT building is relatively cheaper. The cost is around 10-20 CHF/ meal / per person.

Canteens are open during lunchtime only (normally, after 2:30 p.m. there is no food except some snacks and drinks). On the 13th floor of the AB building (the main, tower-shaped building at which sessions are usually held) is a restaurant and a few vending machines with snacks. The vending area is open until midnight. In Geneva, most supermarkets are open until 7 p.m. Alcoholic drinks are not sold in grocery shops after 10 p.m.

Occasionally, WIPO may offer a complimentary buffet lunch to delegates. This is particularly true when there is a side event that will run over the lunch break. However, these are not common and should not be relied upon. Always bring your own food, or enough money to go to the canteen if needed.

WIPO also offers free coffee or tea to delegates during coffee breaks.

For Delegates in the Palais de Nations

If you are an ELSA Delegate to:

- OHCHR Palais Wilson Canteen
 - Around 10-20 CHF/meal/person;
- Palais de Nations
 - Cafeteria Around 20 CHF/meal/per person;
 - Delegates restaurant Around 25 CHF/meal/per person.

Below you can find some additional restaurant recommendations, especially if you are looking for places to have dinner:

- <u>http://www.resto.ch/</u>
- <u>http://www.geneverestaurants.ch/</u>



Public Transportation

By staying in a hotel, youth hostel or at the campsite (not applicable for Airbnb), you are entitled to receive a personal non-transferable card **for free**, which will allow you to use the public transport system in Geneva during your stay. This pass includes buses, trams, trains and yellow taxi-boats. You can find more information <u>here</u>.

If you are not staying in the places mentioned above and you are about to use public transport you are obliged to buy tickets (ticket machines can be found at almost all stops). You can find more information <u>here</u>. Ticket prices can be found in the table below.

	Single ticket valid per one hour	Estimated taxi fare for 5 km
Costs	3 CHF	26,5 CHF

How to move around the city

Buses and trams start running around 5.30 a.m. and stop around 00.30 a.m. Trams number 13 and 15 (direction 'Nations') go to the stop 'Nations' located right near WIPO and UN headquarters. These trams stop at the central train station ('Cornavin') and are close to City Hostel Geneva and Youth Hostel Geneva.

Buses to and from Geneva stop at Avenue Guiseppe Motta, outside the ITU tower (lines 8, 11 and 14 at stop 'UIT') and Place des Nations (lines 5, 28, F, V, Z and tram lines 13 and 15 at stop 'Nations').

If you are coming to WIPO directly from the airport you may take bus 5 (direction 'Hopital') or 28 (direction 'Jardin Botanique') and exit at the stop 'Nations'.

Detailed information about the timetable and prices can be found at: www.tpg.ch.



Opening hours for shopping⁷

Most retail stores are open throughout the day, however many service shops close for lunch between 12:00 and 14:00 during the week.

Most stores, including grocery stores, do not stay open past 19:00 on weekdays, past 18:00 on Saturdays and are closed on Sundays, so plan wisely to avoid frustration.

Open Monday-Sunday are Migros at the Airport (till 22:00) and Migros at Gare Cornavin (till 22:00, parking at Gare Cornavin parking garage). Smaller selection of foods and groceries is to be found at Migrolino's gas stations.

Internet Data Usage⁸

Ensure that your phone SIM will work in Geneva. Many European SIMs include Switzerland in their plan at no extra cost, but always check with your provider. A Swiss SIM card can be purchased in regular shops, electronic stores, and at the main train station and airport with a valid ID. Credit can be purchased in-store or online.

Note that WIPO offers free wifi to all delegates - you can get the access code at the WIPO Reception where you receive your conference badges. Be cautious when using public wifi in hostels, hotels, or airports to access banking apps or check in to flights, which require personal details.

Emergency Phone Numbers⁹

- **Police -** 117
- Fire Brigade 118
- Ambulance 144
- European Emergency Number 112

⁷ Shopping in Geneva, available at https://www.geneva.info/shopping/ (last accessed 08/07/2024).

⁸ Geneva, available at <u>https://www.geneva.info/mobile/</u> (last accessed 02/07/2024),

⁹WIPO Practical Information, available at <u>https://www.wipo.int/meetings/en/practical-information/</u> (last accessed 02/07/2024)



- Hospitals
 - Centre Médical du Léman 17 rue Alfred-Vincent, 1201 Geneva (Tel: +41 22 716 0660. Open Monday - Friday, 8:00-18:00)
 - Hôpital Cantonal 4 rue Gabrielle Perret-Gentil, 1205 Geneva (Tel: +41 22 372 3311. Open 24/7)
- Emergency home doctor visits +41 22 748 4950
- Pharmacy close to WIPO
 - Pharmacie Populaire Rue de Montbrillant 67, 1202 Geneva (Tel: +41 22318
 69 12)

Estimated cost of living expenses during an ELSA Delegation in Geneva

Let's say a hypothetical delegation to Geneva lasts for 5 days, including arrival and departure. The delegates choose to stay at the Geneva Hostel because it is located close to the Palais de Nations, breakfast is included in the price and guests receive the free Geneva Transport Card. The cost for the entire delegation once in Geneva, excluding travel expenses to and from Geneva for one delegate will be as follows:

Accommodation:	5 nights * 40 CHF = 200 CHF
Food:	(3 meals * 5 days – 5 free breakfasts) * 20 CHF (average) = 250
Transport:	0 CHF (if you stay in a hostel or hotel)

Total:

450 CHF



New York

General Information

New York City, with a population of over 8.5 million, is the most populous city in the United States. Alone, it makes up over 40 percent of the population of New York State. It is known for its status as a centre for finance and culture and for its status as the largest gateway for immigration to the United States. According to the U.S. Department of Commerce, New York City is also a destination of choice for many foreign visitors. Both the state and city were named for the 17th century Duke of York, James Stuart, future James II and VII of England and Scotland¹⁰.

The headquarters of the United Nations is a complex in New York City. The complex has served as the official headquarters of the United Nations since its completion in 1952. It is located in the Turtle Bay neighbourhood of the borough of Manhattan, on spacious grounds overlooking the East River. Its borders are First Avenue on the west, East 42nd Street to the south, East 48th Street on the north and the East River to the east¹¹.

New York's most popular tourist attractions include The Statue of Liberty, Central Park, The Metropolitan Museum of Art and The Empire State Building.

Below you can find some links with general information about the city:

- <u>https://www.nyc.go/</u>
- <u>http://www.ny.gov/</u>
- <u>http://www.nycvisit.com/</u>

Reaching New York City

¹¹ Ibid.

¹⁰ New York, available at: <u>http://en.wikipedia.org/wiki/New_york</u> (last accessed 09/04/2020).



New York City is served by two major airports: John F. Kennedy International Airport (JFK) and Newark Liberty International Airport (EWR). Each airport facilitates access to the city with a variety of transportation options.

John F. Kennedy International Airport (JFK) - Located in Queens, JFK is connected to the city via the AirTrain JFK, which links to the subway, Long Island Rail Road, and public buses. The AirTrain fare to subway stations is \$8.50, offering a cost-effective route to the city centre. Taxis operate at a flat rate in Manhattan (\$80 plus tolls and tips), and ride-sharing services are widely available.

Newark Liberty International Airport (EWR) - Situated in New Jersey, Newark Airport offers the AirTrain Newark service, connecting to NJ Transit and Amtrak trains. This train service (\$15.25 total, including the AirTrain) takes you to New York Penn Station in Manhattan in about 30 minutes. Taxis have a set fare structure for NYC destinations, and ride-sharing options are abundant.

Life in New York during an ELSA Delegation¹²

While preparing for an ELSA Delegation you will have to book the accommodation and get to know the places to get a meal or how to move around the city. In this section, you may find some recommendations of the former ELSA Delegates and suggestions prepared by the ELSA Delegations Team.

To help you get an overview of the expenses during an ELSA Delegation in New York, here are the estimated prices and costs of participation in an ELSA Delegation. The content of estimated costs consists of three factors: accommodation, meals and public transport within the relevant city. Given data are only examples of the wide spectrum of accommodation, meals and transportation, used to illustrate the costs linked to the living expenses in the specific city.

¹² Please note that all prices are relevant for the end of the year 2024.



Accommodation

Most of the delegates use <u>Booking.com</u>, to find a convenient accommodation offer. However, some delegates could stay for free at the Permanent Mission of the Country of their Citizenship to the United Nations, New York.

Below you can find other websites that you can use to find accommodation:

- <u>http://www.hostelworld.com/</u>
- <u>www.hostels.com</u>.

If a delegation can agree to stay together in one place, booking a hotel room for one week might be a very interesting option which also reduces costs in terms of food.

The price of the accommodation varies from the type of accommodation you will choose. Below you can find an overview of the average prices for different types of accommodation. Please remember that the given data are only examples of a wide spectrum of places available in New York City.

Hotel

	Minimum price range	Medium price range	High price range
Name	Hotel Courtyard by Marriott	SoHo 54	Home2 Suites by Hilton
Address	<u>3 East 40th Street,</u> <u>10016, New York, NY,</u> <u>USA</u>	<u>54 Watts Street, SoHo,</u> <u>New York, NY, 10013,</u> <u>USA</u>	<u>150 W 48th St, New</u> <u>York, NY 10017, United</u> <u>States</u>
Website	<u>Click Here</u>	<u>Click Here</u>	<u>Click Here</u>
Costs	3-person room price/night/person from 60 USD	2-bedroom room (4 people) price/night/person from 75 USD	Standard Double Room (3 people) price/night/person from 120 USD



Hostel

	Minimum price range	Medium price range	High price range
Name	HI NYC Hostel	International Student Center	Freehand Hostel
Address	<u>891 Amsterdam Avenue,</u> <u>NY 10025-4403</u> ,	<u>38 West 88th Street,</u> <u>Manhattan NY 10024,</u> <u>New York, USA</u>	<u>23 Lexington Ave, New</u> <u>York, NY 10010, United</u> <u>States</u>
Website	<u>Click Here</u>	<u>Click Here</u>	<u>Click Here</u>
Costs	Multi-bed mixed dorm room/person/night from 60 USD	Multi-bed mixed dorm room/person/night from 75 USD	Multi-bed dorm price/person/night from 100 USD

Food

Having a meal in the city in less expensive places is an average cost of 30 USD /meal /person. However, you can lower the costs of meals by buying food in the supermarkets like **Whole Foods Market, Target, Trader's Joe,** and **Fairway Market**.

Another option is to go to a 'food truck'. Food Trucks around the city offer a lot. Starting with simple things like Hot Dogs or Pizza but often they also serve specialities from all over the world and their prices are around 10-15 USD.

If your time for lunch is limited, you can also find canteens in the UN building:

- UN Delegates Cafeteria:
 - Around 20 USD/meal/per person.

In the UN canteen, you can choose from a huge variety of food for a good price. There are no taxes to pay in the UN premises around the world, thus there is no added tax for food as well. The breakfast there is amazing and the view over the river is not too bad either.

Restaurants around the UN are often the most expensive.



Public Transportation

	NYC Metro Card ¹³		Estimated taxi fare ¹⁴ for 5 km
Costs	2,90 USD/ride	34 USD/week	10 USD in the Manhattan area

Opening hours for shopping

Shops are generally open Monday - Saturday from 10.00 to 18.00. Department stores are usually open every day from 10.00 to 21.00/22.00. One of the nicknames for New York is "the city that never sleeps", therefore you will be able to find a lot of nonstop places where you can do some smaller shopping.

Currency Exchange

ATMs are widespread and credit cards and travellers' cheques are widely accepted. In fact, you will find it difficult to perform certain transactions without a card. Prepare your Visa, MasterCard or American Express before you leave your home country. Places that accept Visa and MasterCard also accept debit cards, which deduct payments directly from your account.

Consider bringing a Revolut Card. This kind of card allows for having multiple currencies on one account, including American Dollars, without extra fees or exchange fees.

Be sure to check with your bank to confirm that your debit card will be accepted in other states or countries – debit cards from large commercial banks can often be used worldwide. For example, Currency Exchange International (CXI) at Grand Central on 122 East 42nd St. and Lexington Ave, Inside Apple Bank, has very good rates.

Please note that restaurants and some shops do not include the sales tax in their prices, which is 8.875%, so beware of ordering the \$4.99 lunch especially when you only have \$5 in your pocket.

¹³ For metro, and local bus.

¹⁴ You can find more information on texis here: <u>https://www.introducingnewyork.com/taxis</u>. Uber is less expensive, except for the rush hour.



Internet Data Usage

Although a good free Wi-Fi connection can be found all over the city center (including on Subway platforms), at the UN premises and at the Hotel, Delegates may consider buying an e-Sim plan with extra Internet Data. E-Sim plans can go from 35 USD for a 14-day plan (HolaFly).

Emergency Phone Numbers

Below, you can find some emergency phone numbers:

- Emergency Dispatch Center (Ambulance/ Fire/ Police) 911
- General Information 311
- Crime Victims Line 800-771-7755
- Poison Control Center 212-764-7667 or 212-340-4494
- Dental Emergencies 212-573-9502
- Doctors on Call 212-737-2333

Estimated cost of living expenses during an ELSA Delegation in New York¹⁵

Let's say a hypothetical delegation of four persons goes to NYC, which lasts 5 days, including arrival and departure. The delegates choose to stay at the Hotel Courtyard by Mariott, because this is fairly inexpensive and closer to the city centre, which will save money on public transportation. Breakfast is not included in the price and guests purchase daily rides on the Metro NYC Card (the card itself is free, but can be recharged). Transport Card. The cost for the entire delegation, excluding travel expenses to and from New Yorkfor one delegate will be as follows*:

Accommodation:	5 nights *60 USD = 3000 USD
Food (average):	(3 meals * 5 days *) * 20 USD (average) = 3000 USD
Transport & Internet:	27,5 USD (MetroCard single ride for an average of 10 rides during

¹⁵ Note well: Prices may change depending on the period of the year.



the stay + 35USD eSim (14-day plan)

Total:

662,5 USD



Vienna

General Information

Vienna is the capital and the largest city of Austria, and one of the nine states of Austria. Vienna is Austria's primary city, with a population of about 1.8 million (2.6 million within the metropolitan area, nearly one-third of Austria's population), and is by far the largest city in Austria, as well as its cultural, economic, and political centre. It is the 7th-largest city by population in the European Union. Until the beginning of the 20th century, it was the largest German-speaking city in the world, and before the splitting of the Austro-Hungarian Empire in World War I, the city had 2 million inhabitants¹⁶.

Vienna is host to many major international organisations, including the United Nations and OPEC. The city is located in the east of Austria and is close to the borders of the Czech Republic, Slovakia, and Hungary. These regions work together in a European Central border region. Along with nearby Bratislava, Vienna forms a metropolitan region with 3 million inhabitants¹⁷.

Vienna's most popular tourist attractions include The Hofburg, The Schönbrunn Palace and Gardens, St. Stephen's Cathedral and The Vienna State Opera House.

Below you can find some links with general information about the city:

- <u>www.wien.gv.at</u>
- <u>www.wien.info</u>
- <u>http://www.aboutvienna.org/</u>

¹⁷ Ibid.

¹⁶ Vienna, available at: <u>http://en.wikipedia.org/wiki/Vienna</u> (last accessed 9/04/2020).



Reaching Vienna

Vienna International Airport (Flughafen Wien-Schwechat; code VIE)¹⁸ is located just outside the 10 city limits of Vienna on the far side of the City of Schwechat. Most European airlines and a significant number of intercontinental airlines have direct connections to Vienna.

From the airport, you can take the S-Bahn suburban train, which runs on the S7 line to Vienna and provides the cheapest (€4.40 each way) and the most convenient connection to the city centre. Direct buses drive frequently between Vienna International Airport and assorted points in Vienna. Operated by Postbus. Tickets can be purchased with cash from the operator. Over-advertised City Airport Train (CAT) runs non-stop to Wien- Mitte Station (Landstraße) in 16 minutes. If your delegation arrives together, you could consider also hiring a taxi. The cab fare is not set, so agree before getting in.

Alternatively, the cheaper option may be to fly to Bratislava Airport (BTS)¹⁹ which is located 54 km from Vienna International Airport across the Slovak border. The budget airline Ryanair has the most flights from/to there. There are a lot of regular bus services to Vienna and it takes between one and two hours to get there- Blaguss, Postbus/Slovak Lines. You can also take public transport to Bratislava city centre and from there a train to Vienna. Please note there may be a limited connection to Vienna for very early/late flights. As above mentioned, may change quite quickly, so always be sure you have updated information!

Life in Vienna during an ELSA Delegation

While preparing for an ELSA Delegation you will have to book the accommodation and get to know the places to get a meal or how to move around the city. In this section, you may find some recommendations of the former ELSA Delegates and suggestions prepared by the ELSA Delegations Team.

To help you get an overview of the expenses during an ELSA Delegation in Vienna, here are the estimated prices and costs of participation in an ELSA Delegation. The content of estimated

¹⁸ Vienna Airport, available at: <u>http://www.viennaairport.com</u> (last accessed 9/04/2020).

¹⁹ Bratislava Airport, available at: <u>http://www.airportbratislava.sk</u> (last accessed 9/04/2020).



costs consists of three factors: accommodation, meals and public transport within the relevant city. Given data are only examples of the wide spectrum of accommodation, meals and transportation, used to illustrate the costs linked to the living expenses in the specific city.

Accommodation

It is worth a try to contact ELSA Vienna and ask them for help with accommodation or to reach our ELSA community from the Facebook Group, ELSA Couchsurfing. Some of the former ELSA Delegates found assistance from ELSA Vienna members very useful.

Also, you might agree to stay together in one place and book an apartment for the time being there. It is often more comfortable and reduces costs for breakfast and cooking in the evening.

The prices of the accommodation vary according to the type of accommodation you choose. Below you can find an overview of the average prices for different types of accommodation. Please bear in mind that the given data are only examples of a wide spectrum of places available in Vienna.

Hotel

	Minimum price range	Medium price range	High price range
Name	KIBI Rooms self-check-in	Hotel Ibis budget Wien Messe	Arcotel Kaiserwasser
Address	<u>Landstraßer Hauptstraße</u> <u>33, 03. Landstraße, 1030</u> <u>Vienna, Austria</u>	<u>Lassallestraße 7, 1020</u> <u>Wien, Austria</u>	<u>Wagramer Str. 8, 1220</u> <u>Wien, Austria</u>
Website	<u>Click Here</u>	<u>Click Here</u>	<u>Click Here</u>
Costs	Standard room with 2 single beds/night from 60 €	Standard single room/night from 80 €	Standard single room/night from 110 €



Hostel

	Minimum price range	Medium price range	High price range
Name	Meininger	Do Step Inn Central	HI Hostel Brigittenau & Brigittenau Youth Palace
Address	<u>Rembrandtstraße 21,</u> <u>1020 Wien, Austria</u>	<u>Südtiroler Pl. 3, 1040</u> <u>Wien, Austria</u>	<u>Adalbert-Stifter-Straße</u> 73, 1200 Wien, Austria
Website	<u>Click Here</u>	<u>Click Here</u>	<u>Click Here</u>
Costs	Multi-bed room/person/night from 35€	Multi-bed room/person/night from 50€	Multi-bed room/person/night from 60 €

Airbnb

	Minimum price range	Medium price range	High price range
Туре	Private room/night from:	Apartment 4 persons/night from:	Apartment 5 persons/night from:
Costs	50 €	120€	150€

Food

In general, Vienna is quite an expensive city. Having a meal in the city in less expensive places is an average cost of 20-30 €/meal/person. However, you can lower the costs of meals by buying food in the supermarkets.

When you are visiting UNODC, and your time is limited the best place to have an ordinary lunch for a reasonable price is the canteen at the UN building, where the prices vary between 8-10 €/meal/per person, which is relatively cheap in comparison with restaurants in Vienna. You can also enjoy a more informal chat with the distinguished delegates during a common lunch. Please note it is possible to pay only with cash in the canteens.



Public Transportation

Vienna has a well-developed public transport network. Buses, trains, trams and underground lines will take you almost anywhere in the city. Vienna public transport Wiener Linien operates five underground lines, 28 tram and 85 bus lines, of which 24 are night lines. Night lines only operate between 0.30 am and 5 am. On weekends and public holidays, the Vienna underground remains at the service of its passengers all night.

A single ticket is valid for travelling one way in one zone. You may change to different lines in the course, but you may not interrupt your journey. Validated tickets can be used for all public transport in the core zone. Tickets are available at ticket machines at most underground stations

or at points of advance sale. Tobacconists also sell tickets.

The Vienna International Centre can be reached by using the U-Bahn by taking the U1 (marked in red on city maps) towards Leopoldau and getting off at the Kaisermühlen-Vienna International Centre station.

	Single/One-way ticket	Week ²⁰ ticket	Estimated taxi fare for 5 km
Costs	2,40 €	17,10€	11 €

Opening hours for shopping

Shops are usually open Monday to Friday from 9.00 am - 6.30 pm, Sat until 5.00 pm or 6.00 pm; some shopping centres are open until 8.00 pm or 9.00 pm Monday to Friday.

Shopping is available on Sundays and holidays at the large railway stations, at the airport and in the museum shops.

²⁰ For buses, trams, and subway. Here: <u>https://www.wienerlinien.at</u> you can find information about the public transportation.



Currency Exchange

The euro is the currency of Austria. You can also pay for your purchases without a problem by card. The most popular credits are usually accepted in Vienna, although sometimes their use is subject to a minimum purchase amount.

If you need to exchange money, it is recommended to do it at a bank. Foreign exchange booths sometimes charge high fees, so please check before you change your money.

Most banks in Vienna are open from Monday to Friday from 8.00 am to 12.30 pm, from 1.30 pm to 3.00 pm, and until 5.30 pm on Thursdays. In the city centre (1st district), almost all banks are open over lunchtime.

Internet Data Usage

Delegates who have a data plan with an EU provider can use their normal internet data, thanks to EU Regulation 2022/612 on Roaming.

Delegates who do not have an EU internet plan may consider buying an e-Sim.

Emergency Phone Numbers

Below, you can find some emergency phone numbers:

- Europe Wide Emergency Number 112;
- Fire service 122
- **Police -** 133
- Emergency doctor 141
- Ambulance/Rescue 144

Estimated cost of living expenses during an ELSA Delegation in Vienna²¹

Let's say a hypothetical delegation to Vienna lasts 5 days, including arrival and departure. ELSA Delegates choose to stay at the Meininger because it is fairly inexpensive and located close to the

²¹ Please note that all prices are relevant for the end of the year 2024.



city centre and the UN. ELSA Delegates purchase a week's ticket. The cost of participation in the entire ELSA Delegation, excluding travel expenses to and from Vienna, for one ELSA Delegate, will be as follows:

Total:	492,10 €
Transport:	17,10€
Food (average):	(3 meals * 5 days) * 20 € (average) = 300 €
Accommodation:	5 nights * 35 € = 175 €



Paris

General Information

Paris is the capital of France, which has an area of 105 square kilometres and a population of 2,161,000 within its administrative limits. This city is famous for its many highlights: monuments, museums, restaurants, fashion and its city landscape at the Seine.

Paris is a major rail, highway and air-transport hub, served by the two international airports Paris-Charles de Gaulle and Paris-Orly. The Parisian Metro serves 5.23 million passengers daily, which makes it the second busiest metro system in Europe after Moscow Metro. Paris Gare du Nord is the busiest railway station in the world, outside of Japan, with 262 millions passengers in 2015²².

Among Paris's important museums and cultural institutions are the most-visited art museum in the world, the Louvre, as well as the Musée d'Orsay, noted for its collection of French Impressionist art, and the Musée National d'Art Moderne in the Pompidou Centre, the largest collection of modern and contemporary art in Europe. The central area of the city along the Seine River is classified as a UNESCO Heritage Site, and includes many notable monuments, including Notre Dame Cathedral (12th century to 13th century); the Sainte-Chapelle (13th century); the Eiffel Tower (1889); the Grand Palais and Petit Palais (1900); and the Basilica of Sacré-Cœur in Montmartre (1914). In 2015 Paris received 22.2 million visitors, making it one of the world's top tourist destinations. It is also known for its fashion, particularly the twice-yearly Paris Fashion Week, and for its haute cuisine, and three-star restaurants. Most of France's major universities and grandes écoles are located in Paris, as are France's major newspapers, including Le Monde, Le Figaro, and Libération²³.

Below you can find some links with general information about the city:

• <u>http://en.parisinfo.com/</u>

23 Ibid.

²² Paris, available at: <u>https://en.wikipedia.org/wiki/Paris</u> (last accessed 04/06/2024).



• <u>http://en.visitparisregion.com/</u>

Reaching Paris

There are four international airports in Paris: Charles de Gaulle Airport (CDG), Orly Airport (ORY), Paris- Le Bourget Airport (LBG) and Beauvais-Tillé Airport (BVA).

- Aéroport de Paris-Charles-de-Gaulle is the largest international airport in France. The airport is located within portions of several communes 25 km to the northeast of Paris.
- Aéroport de Paris-Orly is an international airport located partially in Orly and partially in Villeneuve-le-Roi, 13 km south of Paris.
- Aéroport de Paris-Le Bourget is an airport located within portions of the communes of Le Bourget, Bonneuil-en-France, Dugny and Gonesse, 11 km northeast of Paris.
- Aéroport de Beauvais-Tillé is an international airport near the city of Beauvais in the commune of Tille in France. It is the tenth busiest airport in France, located 85 km north-northwest of Paris.

Life in Paris during an ELSA Delegation

While preparing for an ELSA Delegation you will have to book the accommodation and get to know the places to get a meal or how to move around the city. In this section, you may find some recommendations of the former ELSA Delegates and suggestions prepared by the ELSA Delegations Team.

To help you get an overview of the expenses during an ELSA Delegation in Paris, here are the estimated prices and costs of participation in an ELSA Delegation. The content of estimated costs consists of three factors: accommodation, meals and public transport within the relevant city. Given data are only examples of the wide spectrum of accommodation, meals and transportation, used to illustrate the costs linked to the living expenses in the specific city.



Accommodation²⁴

The accommodation prices vary from the type of accommodation you choose. Below you can find an overview of the average prices for different types of accommodation. Please bear in mind that the given data are only examples of a wide spectrum of places available in Paris. Depending on the date of the delegation prices may vary. For example for UNESCO conferences as there is a higher demand, we recommend booking in advance in order to secure the accommodation.

Hotel

	Minimum price range	Medium price range	High price range
Name	Hotel Terminus Orleans	Ibis Hotels	Hotel Central Saint Germain
Address	<u>197 Boulevard Brune,</u> <u>75014 Paris, France</u>	<u>2 Pl. de l'Europe, 94220</u> <u>Charenton-le-Pont,</u> <u>France</u>	<u>3 Rue Champollion,</u> 75005 Paris, France
Website	<u>Click Here</u>	<u>Click Here</u>	Click Here
Costs	Standard single room/night from 73 €	Standard room with 12 double-single beds/night from 76 €	Standard single room/night from 180 €

²⁴ Here: <u>https://www.shortstay-apartment.com/paris/</u> you can find more information about accommodation in Paris. The prices for accommodation are calculated for 1 person. The accommodation options are close to metro stations.



Hostel

	Minimum price range	Medium price range	High price range
Name	Generator Paris	The 3 ducks Eiffel Tower by hiphophostel	Young and Happy Latin Quarter
Address	<u>9-11 Pl. du Colonel</u> Fabien, 75010 Paris, <u>France</u>	<u>6, place Etienne Pernet</u> <u>75015 Paris, Metro: Félix</u> <u>Faure, or Commerce line</u> <u>8</u>	<u>80 Rue Mouffetard,</u> 75005 Paris, France
Website	<u>Click Here</u>	<u>Click Here</u>	Click Here
Costs	Multi-bed room/person/night from 29 - 37€	Multi-bed room/person/night from 37 - 47€	Multi-bed room/person/night from 41 - 49€

Airbnb

	Minimum price range	Medium price range	High price range
Туре	Private room/night from:	Apartment 4 persons/night from:	Apartment 6 persons ²⁵ /night from:
Costs	60 €	90€	130€

Food

Having a meal in the city in less expensive places is of an average cost of:

- 15 €/meal with a drink/person
- 20-40 €/two-course meal without drink/person
- About 8 € for sandwiches
- From 2 € for coffee

²⁵ Although ELSA Delegations usually consists of a maximum of 5 people, we recommend 6-people apartments as they are easier to find.



However, you can lower the cost of meals by buying food in supermarkets. If your time for lunch is limited, you can find canteens in the UN buildings.

For UNESCO Delegates

- **Cafeteria** 7th floor of the Fontenoy Building
- **Cafeteria -** Basement of the Miollis Building
- The Lowendal Restaurant 7th floor of the Fontenoy Building

Public Transportation

Paris has a developed system of transportation. You can get there by Metro, RER trains, buses and trams in Paris.

Metro opens at 5:30 am, closes at 00.40 am, and buses at 7 am to 8:30 pm on weekdays. Times can vary on Fridays and the weekends. We recommend looking for the specific line you use to get to your accommodation and/or to the UN building. Metro is the best and fastest way to move around the city. You can buy the tickets in the special machines, the price of a single ticket is 2.10, if you use public transportation quite often it is better to think about buying a weekly pass which can give you an unlimited pass for that entire week. Single-bought tickets are valid for 2 hours ride by metro and 1 hour 30 minutes by tram or bus after the first validation and no additional fees are required on transits.

To get to the OECD Headquarters you can take metro line 9 (La Muette station), RER C (Avenue Henri Martin or Boulainvilliers station) or busses 22, 32, 52, 63, PC1 (stops: La Muette-Boulainvilliers, Octave Feuillet, Porte de La Muette).

	Navigo Card ²⁶	One-way ticket	Estimated taxi fare for 5 km
Costs	Card Fee - 5 € Weekly fee - 30.75 €	One metro ticket - 2.10 € One day unlimited pass - 20.60 €	16,82€

²⁶ Only from Monday 00.00 to Sunday 12.59, so if you get a weekly card on Wednesday, it expires on Sunday.



Opening hours for shopping²⁷

Opening hours of stores in Paris are usually from 9:30 to 19:30 from Monday to Saturday. Department stores in the city usually stay open until later, for example, Lafayette, is open until 8 pm every day (Thursday evenings until 9 pm), and Printemps, another famous mall, is open until 7 pm every day (Thursday evenings until 10 pm).

It is possible for the shops located on the Avenue des Champs-Élysées and other tourist areas to also open on Sundays. Opening hours on Sunday are from 11 am to 7 pm approximately.

Currency Exchange

The currency of France is the Euro, so it is recommended to have an international credit card or a debit card.

Internet Data Usage

Delegates who have a data plan with an EU provider can use their normal internet data, thanks to EU Regulation 2022/612 on Roaming.

Delegates who do not have an EU internet plan may consider buying an e-Sim.

Emergency Phone Numbers

Below, you can find some emergency phone numbers:

- **Police -** 17
- Fire brigade 18
- Ambulance 15
- General Emergency 112

²⁷ Opening hours in Paris, available at: <u>https://www.introducingparis.com/opening-hours</u> (last accessed: 08/07/2024).



Estimated cost of living expenses during an ELSA Delegation in Paris²⁸

Let's say a hypothetical delegation goes to Paris, for 5 days, including arrival and departure. The delegates choose to stay at a hostel because it is reasonably priced. It is possible to get pastries for breakfast on the go, and lunch and dinner are included in the price estimate, too. The weekly Navigo card is taken into account for the transportation estimate. The cost for the entire delegation, excluding travel expenses to and from the delegate's home country for one delegate will be as follows:

Accommodation: $5 \text{ nights } * 35 \in = 175 \in$ Food (average):(3 meals * 5 days * 40 \in (average) = 200 \in Transport: $35,75 \in$

Total: 410,75€

²⁸ Please note that all prices are relevant for the end of the year 2024.