

Welcome to Aalborg Psychiatric Summer School 2020

According to New York Times, Aalborg was the 8th best place to visit in 2019



Contents

Welcome to Aalborg Psychiatric Summer School 2020	1
Arriving in Aalborg.....	2
Arriving by plane.....	2
Arriving by bus/train.....	2
Accommodation in Aalborg.....	3
Hotels.....	3
Other types of accommodation	3
What to see and do	5
Practical information	5
Venue.....	6
Questions?.....	6

Arriving in Aalborg

Arriving by plane

Aalborg Airport has several daily direct connections to Schiphol in Amsterdam and Kastrup in Copenhagen, and a few weekly connections to London and Oslo. The airport is relatively small, i.e. checking in, etc. is not expected to be a huge time issue. Find more information [here](#)

Bus from the airport

You can take a bus from Aalborg Airport and reach the centre of Aalborg within 25 minutes. The same bus will reach Aalborg Bus or Train Terminal 5 minutes later.

The bus routes, which all stop in the centre of Aalborg or at the bus/train terminal, are:

- 70 Thisted-Aalborg (grey/blue bus)
- 71 Airport – Aalborg (grey/blue bus)
- 12 University (usually a yellow bus)

There is a monitor within the baggage area in the airport, which tells you when the next bus leaves. You can also check this web site Rejseplanen.dk that will also tell you when the next bus leaves.

You can use cash to buy the bus ticket from the bus driver. The price is DKK 22.00 (around EUR 3). The driver should accept DKK 100 and DKK 200 notes. You can also buy your ticket through Rejseplanen.dk

After you have exited the airport, you will find the bus stop to your right; passing the taxis, you will just across the main entrance spot the sign “kiss and goodbye”, and there you find the bus stop.

Taxi from the airport

You can also take a taxi; it will take the taxi around 15-20 minutes to reach the centre of Aalborg or the bus/train terminal depending where in Aalborg you want to go and the time of the day.

It will cost you around DKK 200-250 (EUR 27 to 34). You can pay with credit card or cash.

You will find the taxi to your right after exiting the airport terminal.

There is no Uber, Lyft, etc. in Denmark

Arriving by bus/train

If you take the train or FlixBus from your home country to Aalborg, you arrive near the city centre, and you can walk to your hotel and venue. Check your national train website or FlixBus website.

Accommodation in Aalborg

You will need to book and pay your own accommodation

Hotels

[Hotel Hvide Hus/Comwell](#)

Price level: expensive, around DKK 1000 – (EUR 133) a night.

Distance: 5 minutes from the bus/train terminal and proximally 10-15 minutes' walk to the venue.

Tip: If you stay there, then take the elevator to the top floor and enjoy the view 😊

[Scandic City:](#)

Price level: a bit cheaper than Hotel Hvide Hus.

Distance 7 minutes from the bus/train terminal and 15 proximally minutes' walk to the venue.

Tip: There are two Scandic Hotels in Aalborg – the other one is far away – make sure it is Hotel Scandic City you book.

[Milling Gestus Hotel:](#)

Price level: expensive, around DKK 850 (EUR 113).

Distance: 10 minutes from the bus/train terminal and proximally 20-25 minutes' walk to the venue.

[Zleep Hotel:](#)

Price level: around DKK 600-700 (EUR 93).

Distance: 5 minutes from the bus/train terminal and proximally 20-25 minutes' walk to the venue

Tip: A brand new hotel – just opened 21th of January.

Other hotels within walking distance to the venue

[Kompas-Hotel](#) (medium price range)

[SAS Radisson](#) (expensive price range)

[Cab-inn](#) (cheap price range hotel)

[BEST WESTERN Prinsen Hotel](#)(medium/cheap price range)

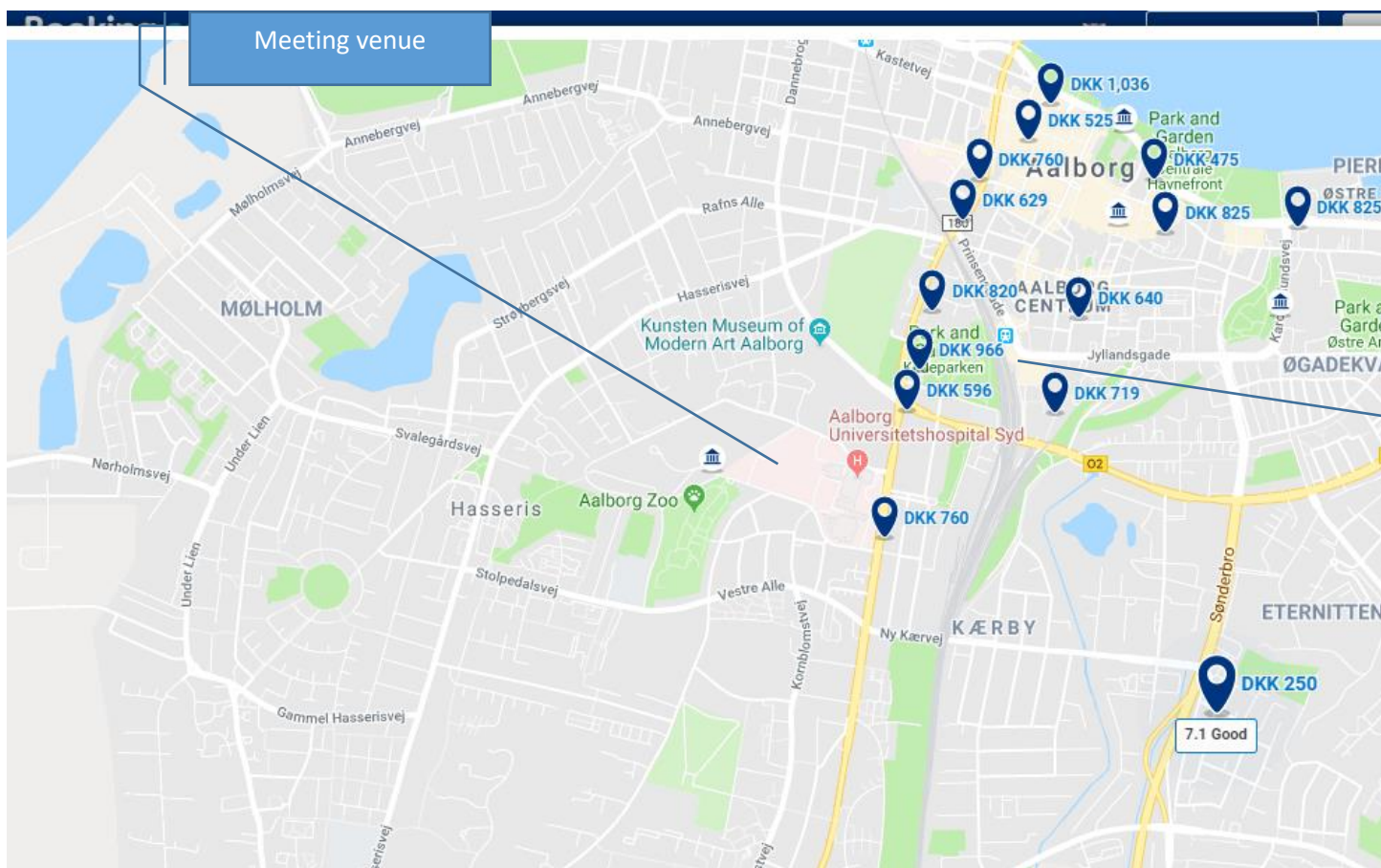
[Hotel Jomfrue Ane](#)

You can also use the search engines Hotels.com or Booking.com to find alternatives.

Other types of accommodation

There are some B&Bs and Airbnb available (check if you are allowed to use these in regards to your local financial guidelines). You can find them on booking.com, hotels.com or Airbnb.

[Aalborg Hostel](#) costs around DKK 475 a night, and you can walk to the venue in approximately 40 minutes (it's a nice walk). If you book this hotel, you will need to change the bus along the way from Aalborg Airport, check out the [Rejseplanen.dk](#)



Map is from google/booking.com - all the places is in no more than 30-35 minutes' walk from the venue.
[You can also take the bus.](#)

What to see and do

- If you find you don't have lots of free time, but can spare around 20 minutes, then visit the park of music: <https://www.visitaalborg.com/In-int/park-music-gdk596452>
- If you have more time, you can visit [Utzon house](#) and [Musikkens Hus](#) at the harbour front and the park.
- If you have lots of time, then Aalborg has a lovely art museum next to the hospital [Kunsten](#).
- Aalborg is also famous for its party street called [Jomfru Ane Gade – full of bars and discos](#).
- Furthermore, there are many cafés and restaurants within the city centre, both cheap and expensive. Expect to pay around DKK 120-200 for a decent café meal including drink. An ordinary pizza costs around DKK 60-70. There are also cafés, which serve vegetarian or low carb food.
- According to different referendums, Aalborg has the best ice cream café, which is called [Guf og Kugler](#). The [Vestre Baadelaug](#) makes the 3rd best beef sandwich (burger with brown gravy) in Denmark.
- Aalborg centre has two shopping centres: [Salling Aalborg](#) and [Friis Shoppingcenter](#) including Magasin. There are also many lovely small shops in Aalborg.
- Thinking of buying a souvenir/gift for those at home? You find [Aalborg Chokoladen](#) (Aalborg Chocolate) next to the train station. You can also buy the chocolate at Salling.

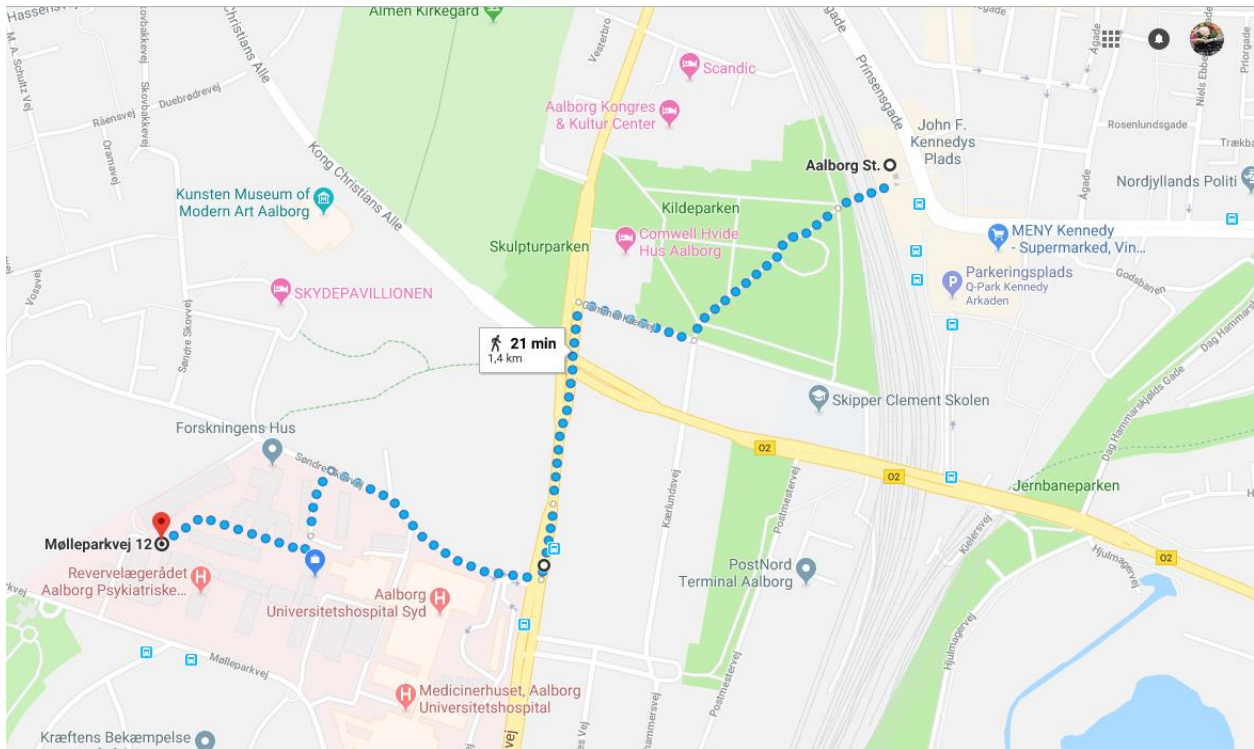
Practical information

- You can pay with credit card like MasterCard, Visa etc. (almost) everywhere except in the bus ☺
- The supermarkets open around 8 AM and close around 8-10 PM. Only DøgnNetto is open 24 hours
- The tap water is safe to drink

Venue

The courses will take place at **Aalborg University Hospital, Psychiatry, Mølleparkvej 10, 9000 Aalborg**

If you walk from the station, then follow the blue dots.



If you choose to go by bus, you can use <https://www.rejseplanen.dk/webapp/index.html?language=en> EN

Destination is: Mølleparkvej 10, 9000 Aalborg. There are different buses and stops.

Questions?

If you have any questions regarding programme, venue, distance and location, please contact us at psykiatriskforskning@rn.dk