YOUNG LEADERSHIP TRAINING

PRACTICAL INFORMATION

BRUSSELS, BELGIUM
29-30 SEPTEMBER 2022
TABLE OF CONTENTS

PRACTICAL INFORMATION

01 FLIGHT, ACCOMMODATION & GETTING AROUND BRUSSELS

01 REIMBURSEMENT

02 FACTS ABOUT BELGIUM
  • WEATHER...02
  • CLOTHING & FOOTWEAR...03
  • SAFETY AND SECURITY...03
  • CURRENCY, CREDIT CARDS AND BANKS...04
  • TIPPING...04

05 TRAVELING TO BELGIUM

06 GETTING TO BRUSSELS
FLIGHT, ACCOMMODATION & GETTING AROUND BRUSSELS

We invite you to book your own roundtrip travel; EFA will cover up to EUR 350 (flights, train and bus in economy class). The program will start early in the morning on 29th September, hence book a travel ticket for the 28th September.

EFA will cover up to three nights’ accommodation (28 September – 1 October). After your application has been reviewed, we will be contacting you and to request your exact arrival and departure date. Attendance to the full training on 29-30 September is expected. You may depart on the 30th after the programme concludes at 14.30 or anytime on 1 October.

EFA will provide you a BRU Pass to access public transports (metro, bus, tram), 49 museums, reduced costs on tourist attractions, shops, restaurants, and guided tours.

REIMBURSEMENT

All expenses have to be justified by original receipts, scanned together with the EFA reimbursement form and sent via email to finance@efanet.org. In addition to the scans, we will still need to receive the original form and receipts via post. Please send them to the following address:

The European Federation of Allergy and Airways Diseases Patients’ Associations (EFA)
35 Rue du Congrès
1000 Brussels
Belgium
FACTS ABOUT BELGIUM

<table>
<thead>
<tr>
<th>Currency</th>
<th>Euro (€)</th>
<th>Credit cards and debit cards from major banks are accepted for payments. These cards can also be used for cash withdrawals in ATMs. It is also possible to exchange foreign currencies and travel checks into Euros.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Time</td>
<td>CEST</td>
<td>Belgium time is one (1) hour ahead of Greenwich Mean Time (GMT +1)</td>
</tr>
<tr>
<td>Languages</td>
<td>Dutch, French, German</td>
<td>Given that Brussels is an international city, English is widely spoken.</td>
</tr>
<tr>
<td>Electricity</td>
<td>220v</td>
<td>The plug/socket system is a two pin round pronged plug used across much of Europe.</td>
</tr>
</tbody>
</table>

WEATHER

September is one to the best periods to visit Belgium. The average minimum temperature in Brussels in September is 10.4°C. It rains on average a total of 11 days. You can expect very pleasant temperatures during the day. The average maximum daytime temperature lies around 19.8°C. The sun will occasionally show itself. Medium weight clothing is recommended plus rainwear.

<table>
<thead>
<tr>
<th>Min Temperature</th>
<th>10 °C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Max Temperature</td>
<td>19 °C</td>
</tr>
<tr>
<td>Chance of Rain</td>
<td>37%</td>
</tr>
<tr>
<td>Rainy Days</td>
<td>11</td>
</tr>
</tbody>
</table>
CLOTHING & FOOTWEAR

We recommend that you bring clothing that is comfortable for Brussels, such as waterproof coats and comfortable walking shoes, and layers as the temperature can vary throughout the day and from one day to the next.

For visiting the EU institutions, you do not need to dress formal (i.e. a suit). However, keep in mind that we will have a photographer at events so be sure to wear clothing you feel happy with for pictures.

SAFETY AND SECURITY

Although Brussels is in general a safe city to visit, there are of course some exceptions and so it is always best to take certain precautions.

Around Grand Place and the city centre, you should pay extra attention to pickpockets. Many tourists are present around Mannekin Pis heading out towards Parc de Bruxelles, and it is advised to take caution especially at night. In addition, the roads are generally narrow with heavy traffic so take care when crossing the streets. Even in cases of one-way streets, it is important to look both ways before crossing since cyclists are able to use all streets in both directions.

If you hold citizenship from an EU country, you can access Belgium’s healthcare services by using a European Health Insurance Card, issued in your home country. More information can be found [here](#).

If you do not hold citizenship from an EU country, you may need to take out appropriate travel insurance to cover any medical bills or appointments if necessary, during your stay in Belgium.

**Police, Fire and Ambulance number: 112**

112 is a number available everywhere in the EU, free of charge, and can be called via a landline or a mobile. Contact details for more specific problems that you may encounter during your stay in Brussels can be found [here](#).

MEDICATIONS

Please bring with you all the medication and health devices you will need for the visit.
CURRENCY, CREDIT CARDS AND BANKS

The monetary unit of Belgium is the EURO (€). As a method of payment, credit and debit card are widely used. Some places might charge a fee when accepting foreign credit cards as payment.

While credit/debit cards are very popular, there are still many places in Brussels that do not accept credit cards. Since you can never be sure which places these are, be sure to always carry a small amount of cash. For quick withdrawal on credit and debit cards, banks will usually have an ATM machine opened 24/7.

Most banks are open from 09:00 to 16:00/16:30 Mondays to Fridays, and a few are open on Saturdays. Many smaller branches close for an hour at lunch time (usually 13:00 to 14:00). Some banks also offer late night hours on Thursday’s until 18:00.

Note: EFA will be covering the cost of your necessities including accommodation and food for the duration of the stay. However, there will be free time for you to explore and do optional activities for which you may want to have some money on hand, either in cash, card or both.

TIPPING

Service and VAT are invariably included in prices in Belgium and tipping is never required. However, if you are very pleased with the provided service, Belgians are generally not offended if they are offered a tip, including tour guides. However, for tours at the European Institutions, this is not advised.
TRAVELING TO BELGIUM

COVID19

All information, developments, and advice about Belgium and COVID-19 can be found at the website of the info-Coronavirus.be. Two weeks prior the event EFA will inform you about the COVID situation in Belgium.

TRAVEL REQUIREMENTS

Foreign nationals who visit Belgium must carry valid travel documents or identity cards that are accepted for border crossing. Please note that residence permits are not valid documents for travelling across borders.

In order to be valid, a travel document or identity card, of non-EEA (European Economic Area)/EFTA (European Free Trade Association) citizens, must:
- be valid at least 3 months beyond the departure date
- have been issued in the last 10 years
- a visa – if you are subject to the Belgian visa regime

Visas may be granted for business trips, tourism, private reasons (family and friends), official visits, short-term studies, and for political, scientific, cultural, sports, or religious events. If you are applying for a visa, please notify EFA as soon as possible so that we can support you in the process.

More Information
GETTING TO BRUSSELS

Located at the centre of Europe, Brussels is accessible by air, train, bus, car and ferry.

Brussels has two airports:

- Brussels-National Airport or Zaventem is about 20 km from the city centre of Brussels. From the airport, you can reach the city centre by a direct train, which takes about 20 minutes and costs EUR 3,20 (standard fare) for a single ticket. A return ticket to the airport costs EUR 9,20 due to an airport tax. A total of 8 trains per hour run to and from Brussels on weekdays. Of those, 2 trains take you to the European district (Schumann station). At 5.24 am, the first train arrives at Brussels Airport and that rhythm continues until about midnight. In the weekend there are 5 trains per hour to Brussels until about 23.00 hours Sunday evening. After that the trains run less frequently. You will find the train station directly under the Departure and Arrival Halls of the airport (level -1). The escalator or lift will take you directly to the platform (or into the airport).

- Brussels South Charleroi Airport is located about 50 km from the city centre of Brussels. From the airport, you can reach the city centre by the Brussels City Shuttle, which takes approximately 45 minutes and costs EUR 31,00 roundtrip. Information on the airport and how to get there can be found here.
SEE YOU IN BELGIUM!

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