

## CAPACITY Workshop in Rostock 9-10.05.2011

### 1. Practical information

#### Venue of the workshop

#### **Steigenberger Hotel Sonne**

Neuer Markt 2  
18055 Rostock, Germany

Phone +49 381 4973-0

Fax +49 381 4973-351

E-Mail [rostock@steigenberger.de](mailto:rostock@steigenberger.de)



#### **Arrival to Steigenberger Hotel Sonne**



[http://maps.google.de/maps?f=q&source=s\\_q&hl=de&geocode=&q=Neuer+Markt+2,+Rostock&aq=&sl=51.151786,10.415039&spn=13.412748,39.506836&ie=UTF8&hq=&hnear=Neuer+Markt+2,+Rostock+18055+Rostock,+Mecklenburg-Vorpommern&ll=54.087949,12.14251&spn=0.003058,0.009645&z=17](http://maps.google.de/maps?f=q&source=s_q&hl=de&geocode=&q=Neuer+Markt+2,+Rostock&aq=&sl=51.151786,10.415039&spn=13.412748,39.506836&ie=UTF8&hq=&hnear=Neuer+Markt+2,+Rostock+18055+Rostock,+Mecklenburg-Vorpommern&ll=54.087949,12.14251&spn=0.003058,0.009645&z=17)

- City centre: 0.1 km
- Main station: 1.5 km
- A19/A20 motorways: 4 km
- Ferry service Rostock to Gedser (DK), Trelleborg and Helsingborg (S), and Gdynia (PL): 15 km
- Rostock-Laage airport: 35 km
- Arrival: <http://www.steigenberger.com/en/Rostock/arrivals>

## 2. Accomodation

You can book your room via E-Mail [rostock@steigenberger.de](mailto:rostock@steigenberger.de), or directly under this link:

- Contact form <https://www.steigenberger.com/Rostock/contact#content>
- Please write the key words: **Capacity building workshop-University Rostock** when you book your room to get the special price.

Price: **81,00 EU\*** for single room per night incl. breakfast

\* special price

## 3. Getting to Rostock, Germany

### By plane

The Airport Rostock-Laage (**RLG**) lies near Rostock.

[Ryanair](#) has a service from [Stockholm](#) Skavsta airport (**NYO**) to Rostock-Laage (**RLG**) airport.

Alternatively you can fly to Hamburg (**HAM**) or Berlin Schönefeld (**SXF**) and travel by train to Rostock.

Wizzair offers cheap flights from Gdansk to Hamburg/Lübeck. From Hamburg and Lübeck you can travel by train to Rostock. <http://wizzair.com/?language=EN>

### By train

From [Hamburg](#) Central Station you can take the train to Rostock. Buy a Mecklenburg-Vorpommern-Ticket for 25,-€. With this MV-Ticket you can travel with 5 Persons from Hamburg to Rostock.

### By car

From [Hamburg](#) take the motorway A1 to Lübeck and from there take the A20 to Rostock. It's a 1 1/2 hour trip. If starting in [Berlin](#) you have to drive along the A24 in the direction of Hamburg until the A19 is crossing the motorway. Following the A19 you reach Rostock. It's a trip of 2 1/2 hours.

### By boat

Ferry from [Gedser](#) in [Denmark](#) every second hour - <http://www.scandlines.dk/>

Ferry form [Trelleborg](#) in [Sweden](#) several times per day

From the ferry terminal, you need to take a series of buses to go to the center of Rostock. You can also try to head for the Rostock-North S-Bahn (train) station, about 1km away from the terminal. You may get stuck at the ferry port certain days when the bus services are low or if you can't find the train station. A taxi ride downtown will cost you around 20€.