



3° Congresso Europeo WAPR / 3rd WAPR European Congress

Salute Mentale e Salute Fisica nell'Europa che cambia

Mental Health and Physical Health in a changing Europe

Torino - 15-16 Maggio 2015 - May 15-16, 2015



Sezione Italiana

TRANSPORT TO TORINO

Torino is easy to reach by plane, car and train.

ARRIVING BY PLANE

Torino international airport 'Sandro Pertini' is located in **Caselle**, 16 km north-west of the town centre, about 30/40 minutes drive to downtown Torino. It is one of Europe's most modern and efficient airports, awarded the Best Airport Award 2007 and 2008, in the one-to-five million passenger category, guaranteeing the highest level of comfort and safety.

For comprehensive information on flight timetables and companies, and travel to and from the airport, please visit the website www.aeroportoeditorino.it

Torino airport is one hour and 15 minutes flight away from Rome, one hour and a half from Paris and Frankfurt and two hours from London.



Shuttle bus from and to Caselle Airport

One-way fare: € 6,50 (ticket from the ticket office) or € 7,50 (ticket on the bus). Prices are subject to change. Journey time: 40 minutes. Tickets can be purchased on-line at www.sadem.it.

a) From Caselle Airport to City

(Terminal at Porta Nuova main train station, C.so Vittorio Emanuele II, 57/A)

click here to download the complete timetable <http://www.sadem.it/media/6355/000268.pdf>

Departure Location

Domestic Arrivals, Ground Floor-Level Zero

Frequency

every 30 minutes from 06:30 to 08:30
every 45 minutes from 09:00 to 16:30
every 30 minutes from 17:15 to 22:45
last two rides: 23:30 and midnight

b) From downtown Turin to Caselle Airport

click here to download the complete timetable <http://www.sadem.it/media/6355/000268.pdf>

Departure Location

Porta Nuova main railway station corner
Corso Vittorio Emanuele II, 57/A

Frequency

every 30 minutes from 05:15 to 07:45
every 45 minutes from 08:15 to 15:45
every 30 minutes from 16:30 to 20:30
every 45 minutes from 21:00 to 22:30

You can also travel to Torino via Milano Malpensa airport

There are also direct buses running from Malpensa Airport (Milan) to Torino city centre. Travel time is about 2 hours and a single ticket costs € 22,00. If you choose this as your travel option, note that you have to book in advance. See the SADEM website for more information, timetables and bookings.

<http://www.sadem.it/en/prodotti/collegamento-aeroporti/milano-malpensa-airport.aspx>

Taxi at Caselle Airport

Licensed taxis are for hire outside the Passenger Terminal, immediately in front of the domestic/EU arrivals, Ground Floor - Level Zero. Taxis cost approximately € 35/45 (plus luggage) to reach downtown Turin and travel time is 30/45 minutes (depending on the traffic).

Train connection to Torino

From the railway station at 140 metres from the airport, trains connect the Caselle Airport to the Dora Railway Station in Piazza Baldissera (**not very central**). Tickets cost € 3,70 and entitle also to use Torino public transport for 70 minutes. Bus lines connecting the station to the city centre are line 11 and 52 (to Porta Nuova Station) and 10 (to Porta Susa Station) and the trip takes about 30 minutes to Porta Nuova and 20 minutes to Porta Susa. For more information please visit the website of the Gruppo Torinese Trasporti (www.5t.torino.it). A special bus (Dora Fly) connects the station to downtown Torino.

ARRIVING BY TRAIN

Torino has four train stations, two of them international: **Porta Nuova**, the main station, in the heart of the city and **Porta Susa**, just out of the centre. Both stations are about 10/15 minutes from the Politecnico. **Lingotto** Station is currently being upgraded, while **Dora** station ensures rapid links to Caselle airport but is not central.

High-speed train connections

Frecciarossa (Trenitalia) and Italo high speed trains, leaving approximately every hour, connect Torino with the main Italian cities (Milan, Bologna, Florence, Rome and Naples).

The journey from Torino to Rome takes about 4 hours.

For further information:

Trenitalia (Italy): www.trenitalia.com

Italo (Italy): www.italotreno.it

ARRIVING BY CAR

Torino is connected via motorway to most major European cities: Milan in 60 minutes (140 km), Genoa in 90 (170 km), Nice (220 km) and Geneva (252 km) in two and a half hours, Lyon in three hours and Zürich in four. An extended highway system connects Torino to the most important national and transeuropean network system:

- A4 Torino-Milano-Venezia from Central and Eastern Europe
- A5 Torino-Ivrea-Aosta and Mont Blanc Tunnel from France and Switzerland
- A6 Torino-Fossano-Ceva-Savona from Liguria and Southern France
- A21 Torino-Asti-Alessandria + A26 Torino-Genova from Central and Southern Italy
- A21 Torino-Asti-Alessandria-Piacenza from Central and Southern Italy
- A23 Torino-Fréjus from France

All the motorways link up to the Torino ring-road.

Further information

Autostrade per l'Italia: www.autostrade.it

Traforo del Monte Bianco (Mont Blanc tunnel): www.tunnelmb.it

Traforo del Gran San Bernardo (Gran San Bernardo tunnel): www.sitrasb.it

Traforo del Fréjus (Fréjus tunnel): www.tunneldufrejus.com

TRANSPORT IN TORINO

Public Transport System

A very efficient public transport network serves Torino, with buses and trams crossing the city **from 05.00 to midnight**. Tickets for buses, trams and the underground can be bought at tobacconists, newsagents and other places exhibiting a special GTT sign and must be stamped on board. There are various ticket possibilities: an ordinary GTT urban ticket valid for 90 minutes costs € 1,50, a daily ticket € 5,00, a block of 5 tickets € 6,50 and a block of 15 tickets € 17,50. All the parking meters in the **zona blu** can also issue, 24 hours a day, a € 1,50 urban ticket valid for 90 minutes from the time it is issued and does not need to be stamped on board.

For further information on tickets and routes, buses, metro and journeys in Torino, please visit the website www.comune.torino.it/gtt/.

The full list of stops equipped for the disabled of every urban and suburban line can be consulted at www.comune.torino.it/gtt/urbana/percorari.shtml under "Linee ed Orari".

Metro

The route of Italy's first automatic metro system extends west from the Centre of Torino to Collegno and South to Lingotto. The Fermi park-and-ride facility in Collegno gives access to the metro for travellers arriving in Torino from the Alpine valleys and the west ring-road, providing a link to the heart of the city, with Porta Nuova and Porta Susa railway stations, in little more than 10 minutes. The metro is also integrated with the over-ground public transport system, enabling rapid connections and high mobility throughout the city.

The € 1,50 one-journey metro ticket can be purchased in the above-ground sales points or at the automatic machines in the entrance halls of all Linea1 stations. The ticket gives the passenger the right to a single metro journey and is valid for 90 minutes on all above-ground public transport, starting from when it is stamped. The metro has been designed and constructed to ensure access for the disabled.

Taxis

Every city district has at least one taxi rank, and it is also possible to call or reserve a taxi. All taxis have taximeters.

Taxi numbers: Centrale Radio tel. (+39) 011.5737, Radio Taxi tel. (+39) 011.57.30 / (+39) 011.33.99.

The GTT (Gruppo Torinese Trasporti) organises a transport service for the disabled using taxis: tel. (+39) 011.581.16.

In addition to the standard service, CTA (Consorzio Torinese Autoservizi) offers a personalized taxi/van/limousine service 24 hours a day. CTA: tel./fax: +39.011.9963090 - www.ctataxi.it

Driving and parking in Torino

If you reach Torino by car, you will find many car parks to move freely. In the whole of the city centre and around there are unmanned "**Zona Blu**" (Blu Zone) parking places, whose cost varies according to the zone (from Euro 0,50 to Euro 2,50/hour). Parking vouchers can be bought at authorised outlets and at automatic ticket machines. For further information see www.gtt.to.it.

The city of Torino has Restricted Traffic Zones (**ZTL**) that limit or ban traffic at certain times and on particular days (every day from 7.30 to 10.30 am on working days in the city centre, except on Saturdays and Sundays). The ZTL areas are localized in the old city centre (central ZTL) and near the Castello del Valentino (ZTL Valentino). For information on the ZTL see www.comune.torino.it/ztlpermessi. You can also find a map of the central ZTL with indications of the garrisoned streets by cameras; this map can be downloaded from www.comune.torino.it/ztlpermessi/mappa/ztl.pdf.

Rental cars

The airport hosts the most important car rental companies and their offices are located inside of the multistorey car park and in the Arrivals lounge.

In Torino, they can be found at the following addresses:

- AVIS corso Turati 37 tel. +39 011 - 501107
- EUROPCAR via Nizza 346 tel. +39 011 - 6960284
- HERTZ via Magellano 12 tel. +39 011 - 5096008
- SIXT via Mongrando 48 tel. +39 011 - 836385