

4th PERFECTIONISM NETWORK MEETING

CLUJ-NAPOCA, ROMANIA

9 - 10 July 2024



Welcome to Cluj-Napoca, a beautiful city in the heart of Transylvania

Cluj-Napoca is a diverse city that combines the old days with their beautiful buildings and history, with our current, modern, and technology-oriented times. Feel free to walk through the streets, have a meal and a drink at a terrace in Unirii Square and enjoy the beautiful architecture of St. Michael's Church. Also, in the middle of the city there is a place to relax surrounded by nature – you can enjoy a walk through Central Park, relax on the shore of the Someş river or even visit the famous botanical garden.

The streets are almost constantly alive with people, due to the fact that Cluj-Napoca is a university city. The city is teeming with students and artists, therefore intrigue is guaranteed. As far as food is concerned, a wide range of meals can be found both in elegant places and casual, comfortable settings. A rich experience in Cluj-Napoca is guaranteed by all these and many more, at a very convenient cost.

*You can find more information about the city here and here.

If you want to adventure further from the city, you can explore astonishing places all around Transylvania: The Natural Reservation of Cheile Turzii, Turda Salt Mine, Scarisoara Ice Cave, Transfagarasan Highway, TransAlpina, Sibiu, Brasov, and many more.

TRAVEL BY AIR, BUS, & TRAIN

Cluj-Napoca has an international airport which runs direct flights, both regular and charter, from several cities in Italy, Germany, Austria, Hungary, Spain, United Kingdom etc. For further information about these flights please contact a ticketing agency or visit www.airportcluj.ro. From the airport to the city center you can choose public transport (i.e., bus number 5). You can purchase tickets from the automatic machines in every station or you can send the NUMBER OF THE LINE through SMS at 7479 (eg 6, 25, 3) and after receiving the SMS with the confirmation of the payment you will have 1 valid trip for the line of transport that you indicated, for a period of 45 minutes. The trip is valid for the ongoing day, until the hour indicated in the payment confirmation SMS (Total Cost SMS: 0.65 euro plus VAT).

You can also choose taxi which you can find inside the airport. There are several major safe companies, such as: Napoca, Diesel, Terra & Fan, Pro Rapid, Nova etc. A taxi ride from the airport to the center of the city is around 8 euros (2,92 lei/1km). You can also install on your phone Star Taxi which is a free taxi app. Star Taxi is one of the safest methods to travel by taxi and you can pay cash or use in app payment.

You can also arrive in Cluj-Napoca via other cities in Romania, like Bucharest. There are busses, trains, and planes which make these connections. There are bus companies running regular direct transport to Cluj-Napoca from several European cities (more information on www.eurolines.eu). Several international trains arrive daily to Cluj-Napoca. For those who prefer to travel by train, there are good connections for these trains in Budapest. You will find more information at reiseauskunft.bahn.de

ACCOMMODATIONS

We invite all participants to arrange their own accommodation. There is a great variety of hotels and apartments in Cluj-Napoca. The following hotels are located in the center of Cluj-Napoca:

- [Radisson Blu Hotel](#)
- [Hotel Cristal](#)
- [Hotel Meteor Central](#)
- [Le Petit Paris](#)
- [Hotel Beyfin](#)
- [DoubleTree by Hilton Hotel Cluj - City Plaza](#)
- [Hotel Confort](#)
- [Hampton by Hilton Cluj-Napoca](#)
- [Grand Hotel Napoca](#)

Note: Depending on the reservation period and the site you visit, the prices for the rooms vary. Therefore, feel free to check room availability and prices at other booking sites.



CURRENCY EXCHANGE

The Romanian currency is Romanian leu (RON; 1 leu, plural lei). In May 2023 1 EURO was 4,95 RON (lei). You will have to exchange your money, as you cannot pay with other currency than RON/ lei. You can exchange money in the airport at the Banca Transilvania exchange. In the city center and shopping malls there are several safe exchange offices. Safe ones are MACROGROUP exchange (many throughout the city), SAKER exchange (in the city center, on Bolyai Janos Street No. 1A or Andrei Saguna Street No. 34-36). Others are safe too, but please check the exchange rate and the commission of the office. It should say "0% comision" or "fara comision" or "nu percepem comision" which means "no commission"/ "no extra tax". You can also exchange money at any bank (they usually have less advantageous rates, but are safe) such as Banca Transilvania, ING Bank, BRD bank, BCR bank, Raiffaisen Bank.

Perfectionism Network Meeting Location

The exact location will be chosen after the end of submission.

If you have any queries please do not hesitate to contact us: perfectionism@psychology.ro