Comparison when travelling by train and plane from Eindhoven Centraal, in terms of travel time, changes and CO\textsuperscript{2} footprint
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**Travel time**

The travel time takes into account the total time needed to reach the center or the central train station of the city of arrival. Flights also consider the time to reach Eindhoven airport by bus or Schiphol by train, as well as 1 extra hour for security check and boarding. Durations were calculated using NS International (www.nsinternational.com), Google Maps (www.google.com/maps) and Google Flights (www.google.com/travel/flights).

**Night-train option**

Some routes have the possibility to opt for a night-train option. These usually take longer than the shown travel type and take place during night time. Night trains also feature cabins with beds, allowing you to comfortably travel while sleeping. The routes shown in the tables are operated mainly by Nightjet for German routes (www.nightjet.com/en) and SNCF for French routes (www.sncf-connect.com/en/en/intercites/intercites-night).

**Comfortable trip**

Some cities are easier to reach by train than others. As a result, the cities highlighted by a comfortable-trip icon allow you to immediately see which destinations are easily accessible by train. These are selected when the travel time and the number of changes is equal or less than 6:00 hours and 2 changes, respectively.

**Carbon footprint**

Each travel option has been checked to verify the amount of CO² emissions. The total footprint has been calculated by taking into account the Well-to-Wheel (WTW) CO² emissions for the relevant type of travel. International trains produce on average 0.017 KG of CO² per KM per passenger, while international flights for routes below 700 KM emit 0.234 KG of CO² per KM per passenger. Additional information on the topic can be found at www.co2emissiefactoren.nl/lijst-emissiefactoren.

**Number of changes**

The train map and tables also indicate the minimum number of changes required to reach the destination city from Eindhoven Centraal.

The number of changes regarding flights also takes into account the additional transit connections required to go to the departure airport from Eindhoven, as well as the travelling from the airport of arrival to the final destination city.

**Airport of departure**

Eindhoven is equipped with a small-scale international airport. However, it does not provide connections to all the major cities in Europe. As a result, it may be possible that travellers have to first reach the Amsterdam-Schiphol airport in order to fly to specific cities. Thus, the comparison table also highlights which travel routes require an additional trip to Schiphol before being able to board a plane.