

Welcome to Tallinn!

It gives us great pleasure to welcome you to the **7th BenBedPhar meeting**, themed 'Cellular Mechanisms, Disease Modeling, and Clinical Approaches to NRF2 Therapeutics', set to take place in the charming city of Tallinn, Estonia.

Nestled along the Baltic Sea, Tallinn stands as a beacon of both historical significance and contemporary innovation. From its medieval Old Town, a UNESCO World Heritage Site, to its modern skyline adorned with architectural marvels, Tallinn encapsulates the perfect blend of tradition and modernity. As the splendid capital city of Estonia, Tallinn boasts a rich tapestry of culture and heritage, offering a fitting backdrop for our discussions on NRF2-related research.

Beyond the confines of our meeting, Tallinn beckons with its myriad attractions and experiences. Explore the winding cobblestone streets of the Old Town, where each corner reveals tales of centuries past. Immerse yourself in the vibrant arts scene, where contemporary galleries stand alongside historic museums, offering a glimpse into Estonia's cultural evolution. Indulge in the culinary delights of traditional Estonian cuisine or unwind amidst the serene beauty of its natural landscapes.

We are delighted to share our little corner of the world with you and hope that your time in Estonia will be as enriching as it is enjoyable!



@  Estonia: not your average bucket list destination

We wish you a safe trip and look forward to welcoming you soon in Tallinn!

Kattri-Liis Eskla and Anton Terasmaa

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Venue

7th BenBedPhar meeting is taking place at the [Palace Hotel \(Vabaduse väljak 3, 10141 Tallinn\)](#). The Palace Hotel, a historic and stylish landmark constructed in 1937 during the pre-war heyday of the Republic of Estonia, will provide an inspiring backdrop for our scientific exchange.

Palace Hotel is conveniently located on a bustling city center intersection, directly opposite a tram and bus stop (Vabaduse Väljak). **The hotel is just a 7-minute walk from the 13th-century Tallinn Town Hall. Lennart Meri Tallinn Airport is approximately 5.5 km away.**

You can check the **bus schedule** [here](#).

We recommend using the environmentally conscious **taxi** service Elektritakso, which exclusively operates electric cars. To book a cab, simply call +372 588 588 00 or download their user-friendly app from [Google Play](#) or [Apple store](#). Alternatively, you can opt for the **BOLT** app, available on both platforms, offering taxi services as well as electric scooter rentals for seamless urban exploration. Please note that BOLT taxi prices may vary based on demand, with slightly higher rates during peak morning and evening hours.



Exploring Tallinn

TALLINN IS...

...the vibrant capital of Estonia, boasting a population of over 500,000, which accounts for more than one-third of the nation's populace.

...recognized as a global city and consistently ranked among the top 10 digital cities worldwide.

...encompassed by Lake Ülemiste, steeped in mythological lore, believed to have originated from the tears of Linda, following the demise of the legendary hero Kaleva. This picturesque lake also serves as Tallinn's primary water reservoir.

...a culinary haven, teeming with an array of restaurants, bars, and cafes catering to diverse palates. For exceptional dining experiences, refer to the curated selection in the Visit Tallinn Eat & Drink section.

...enshrined on the UNESCO World Heritage Sites list for its captivating Medieval Old Town, a meticulously preserved Hanseatic town center that beckons exploration.

...a harmonious blend of the contemporary and the historical, where the dynamic city center seamlessly coexists with tranquil cobblestone streets and exquisite architecture.



TALLINN TOP 22: MUST-SEE SIGHTS

Short on time but eager to delve into Tallinn's cultural tapestry? Ensure your itinerary encompasses these must-visit attractions:

[Raekoja plats \(Town Hall Square\)](#)

[Masters' Courtyard](#)

[Katariina käik \(St. Catherine's Passage\)](#)

[Kohtuotsa viewing platform](#)

[St. Olav's Church and Tower](#)

[Cathedral of Saint Mary the Virgin \(Dome Church's\) Tower](#)

[Town Hall Pharmacy](#)

[Kiek in de Kök](#)

[Kadriorg Palace - Kadriorg Art Museum](#)

[Lennusadam \(Seaplane Harbour\)](#)

[Estonian History Museum - Great Guild Hall](#)

[St. Alexander Nevsky Cathedral](#)

[Estonian Open Air Museum](#)

[Kumu Art Museum](#)

[Niguliste Museum \(St. Nicholas' Church\)](#)

[Patkuli viewing platform](#)

[Tallinn Song Festival Grounds](#)

[Tallinn Zoo](#)

[Tallinn Town Wall](#)

[Tallinn TV Tower](#)

[Vabaduse väljak \(Freedom Square\)](#)

Let the [Tallinn Card](#) be your gateway to unrivaled savings, offering more than 50% off on tickets to over 50 museums and attractions, in addition to guided tours, entertainment options, and complimentary unlimited transport on Tallinn's buses, trolleys, and trams.

Travelling to Estonia

Arrival by Air

[Lennart Meri Tallinn Airport](#) stands as Estonia's premier international gateway, boasting top-notch facilities and a diverse range of services to ensure a seamless travel experience. With direct flights or convenient connections from numerous European cities, reaching Tallinn is effortless. Explore available flights [here](#).

For added convenience, travelers can opt for connecting flights via Riga Airport (Latvia) or Helsinki Airport (Finland), further enhancing accessibility to Estonia's capital.

Arrival by Sea

Tallinn's bustling passenger port welcomes a multitude of travelers daily, courtesy of ships arriving from Helsinki. Additionally, an overnight ferry service links Tallinn with Stockholm, offering travelers an enchanting journey across the Baltic Sea.

Connections

Ferry services traverse the Gulf of Finland between Tallinn and Helsinki with frequency, completing the voyage in approximately 2 to 3 hours. During the late spring to late autumn period, high-speed vessels ply the route, significantly reducing travel time to a mere 1.5 hours. Those embarking on the journey between Tallinn and Stockholm can enjoy evening departures, with the voyage spanning approximately 15 hours.

Arrival by Bus

Embark on a scenic journey to Tallinn via international bus lines, which offer seamless connections from various European cities. Enjoy multiple daily routes linking Tallinn with Riga and Vilnius, ensuring flexible travel options for visitors.

Connections

International bus connections are efficiently facilitated by renowned operators such as Lux Express and Ecolines, guaranteeing comfort and reliability throughout the journey. For domestic travel within Estonia, comprehensive information on bus lines, fares, and schedules can be accessed [here](#).

Practical Information

Weather

At the end of April in Estonia, the weather typically continues to improve as spring progresses. However, it is important to note that weather can still be somewhat unpredictable during this time of transition. In late April, you can generally expect mild to cool temperatures with occasional fluctuations. Daytime temperatures can range from around 5°C to 15°C, though it is not uncommon for temperatures to occasionally reach higher or lower extremes. Nights tend to be cooler, with temperatures dropping to around 0°C to 5°C.

Regarding clothing, it is advisable to dress in layers to accommodate potential temperature changes throughout the day.

Time Zone

Tallinn follows Eastern European Time (EET) GMT +2, with an additional hour added during summer months.

Medical Services and Emergency Contacts

In the event of an accident or sudden illness, immediate assistance can be summoned by dialing 112 from any phone, free of charge. Pharmacies typically operate from 10:00 to 19:00 in major shopping centers, while the pharmacy located in the Town Hall building on the Town Hall Square operates 24/7. No specific vaccinations or health certificates are required for entry into Estonia, although holding a health insurance policy is recommended.

Internet Connectivity

Renowned for its widespread availability, Estonia offers abundant free public Wi-Fi accessible in cafes, restaurants, hotels, hostels, as well as open spaces such as city squares and parks.

Currency and Banking

The national currency in Estonia is the Euro, with most banks operating from 9:00 to 18:00 on weekdays. Major credit cards are widely accepted across the country, and ATMs are readily available for cash withdrawals.

Visa Requirements

Estonia, a member of the European Union and NATO since 2004, also falls within the Schengen visa area. Nationals of EU countries enjoy visa-free entry into Estonia, requiring only a national ID card or passport for travel documentation.

Power Supply

Estonia utilizes an electrical current of 220 volts AC, 50 Hz, with European-style 2-pin plugs in common use.

Language

While Estonian serves as the official language, English and Russian are widely spoken. Additionally, Finnish, German, and to a lesser extent, French, are understood by some residents.

Phone Dialing Codes

Estonia's country code is +372, with international calls originating from Estonia requiring the prefix 00 followed by the destination country code.

Social Programme

Please remember to bring cash for social activities, as the collection will take place on the first day of the meeting. Should your preferences have changed, please inform us!

City Tour - Old Town Exploration

Immerse yourself in the charm of Tallinn's Old Town before the Gala Dinner on April 19th, exploring its winding cobblestone streets and enchanting architecture. Gain insights into the city's rich history and cultural heritage.

When: April 19th, 17.00

Meeting point: Palace Hotel

Duration: 2 hours

Cost: €5



Gala Dinner at Restaurant Väike Rataskaevu 16

Join us for an exquisite gala dinner at the cozy and homely restaurant. The gala dinner features a three-course meal complemented by your choice of either a refreshing non-alcoholic beverage or a carefully curated selection of alcoholic drinks with each course. Concluding the culinary experience, enjoy a delightful cup of coffee or tea.

When: April 19th, 19.00

Location: Väike Rataskaevu 16, Niguliste 610123 Tallinn

Cost: €70



Bog Adventure

Should your schedule permit an extra day of exploration, we invite you to join us to embark on a captivating bog adventure, exploring Estonia's spectacular landscapes. Traverse the terrain on wooden board trails, accompanied by a knowledgeable guide sharing stories about the wilderness, heritage, and culture. Bog walking does not require intense physical preparation – if you can manage a good walk, you can manage a bog tour. The 2.5-3 hour hike (5-7 km) concludes with a nourishing soup, sweet treats, and tea around a campfire – a perfect opportunity to exchange impressions and unwind.

When: April 20th, 10.00

Meeting point: Palace Hotel

Duration: approximately 6 hours

Cost: €70



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