

General information EANS summer school Oslo

Travelling to Oslo

It is easy to fly to Oslo (capital of Norway) and its main airport Gardermoen (<https://avinor.no/en/airport/oslo-airport/>) from most of the European cities. If you can book in good advance the prices from Europe can be reasonable. We would recommend you look at domestic flights such as Scandinavian Airlines (SAS), or Norwegian who often have very good deals to Oslo. At present (no advanced booking) you can find return tickets from around 2000 – 3000 Norwegian crowns. Please notice that due to fluctuating exchange rates we have decided that it is better that you yourself control the rates closer to time. At present the price above would be about 180€ - 280€.

When you arrive at the airport there are several ways travel to Oslo. The most common transportation in to town is the fast train Flytoget (<https://flytoget.no/en/to-and-from-airport/train-from-oslo-airport-to-city/>) it takes about 25 minutes from the airport to Oslo Central station. You can easily download their free app (see link above) and both book and pay your ticket in advance if this becomes your choice. There is also a slower but cheaper train and the airport buss. Prices for travelling into Oslo range from 70 – 230NOK. The following link will tell you about your different travel options (<https://www.rome2rio.com>). Just insert travelling from Gardermoen to Oslo and it will guide you. At Oslo central station you will need to leave via the main entrance towards Oslo's parade street named Karl Johan's gate (look for signs in the ceiling pointing towards that street) as you then will have the central parts of Oslo in front of you which will facilitate your short walk to your accommodation

Oslo city's official visitor site (<https://www.visitoslo.com/en/product/?TLp=15817>) presents everything you need to know for your travelling, just follow the link above. At this site you can also download a travel guide and chat with the tourist information bureau if you have special interests while you are here. Shopping, eating, drinking, maps and so on are available on this very informative site. We advise you to go through the official visit Oslo site to optimize your stay in Oslo.

Accommodation

Students and teachers' accommodation is situated in the very heart of Oslo. At arrival to the central station, it will take about 5 minutes to walk to both of the hotels.

Students' accommodation

All students will be staying at Comfort Hotel Børsparken. Included in the price will be a good quality Scandinavian breakfast. You can find all details of what is included in your stay on their homepage following the link below. *All the information you need to safely book your accommodation is now available at EANS home page see information student accommodation and booking forms.* Please note, to benefit from the lower negotiated prices you need to book your accommodation via the accommodation booking form found at the EANS page no later than **the 15th of April**. After that we can no longer ensure room availability and normal hotel prices will be back in place.

<https://www.nordicchoicehotels.com/hotels/norway/oslo/comfort-hotel-borsparken/>

It might also be worth noting that it is only a 5-minute walk to the Oslo Opera house and its swimming area Sjøerenga located at Bjørvika (follow link below for more information). So please don't forget your swimsuit and an extra towel. Being in Oslo also means you do not want to miss out on walking at the Operas ceiling or swimming in the Oslo fjord.

http://oslofjorden.com/badesteder/oslo/soerenga_sjoebad_badeplass_oslo.html



Teachers and conference participants

Teachers and conference participants will be staying at Clarion Collection hotel Folketeateret <https://www.nordicchoicehotels.com/hotels/norway/oslo/clarion-collection-hotel-folketeateret/> The hotel is located approximately five minutes' walk from the central station. Teachers booking will be done in collaboration between the Oslo workgroup and the EANS summer school coordinators. Requests for teachers' accommodation should be decided with the coordinators no later than **the 5th of March**. *More detailed information for teachers as well as for conference participants is now available in an additional document at EANS homepage.*

Conference participants are responsible themselves for their accommodation booking. All the relevant information how to book at the EANS summer school hotel is now available at EANS home page in an additional booking information document. Please note, to benefit from the lower prices at this EANS hotel you need to book your accommodation no later than **the 15th of April**. After that we can no longer ensure room availability and normal hotel prices will be back in place. You are of course free to book any hotel you like but the negotiated price at this clarion hotel is very favourable especially considering regular Oslo hotel prices.

Travelling to the university

Lovisenberg Diaconal University college (LDH) is located within a part of Oslo named St. Hanshaugen. It is a trendy and friendly area. It is located within a walkable distance the downtown accommodations (25 – 30 minutes). LDHs address is Lovisenberggata 15C, 0456 Oslo.



For those of you not wishing to walk, buses are easy to find and departure very frequently during the day. For example, bus 37 towards Lovisenberg (Geitmyrsveien) departures at Jernbarnetorget just besides the central station. It is a 3 – 4 minutes' walk from the student's hotel. The same bus has a bus stop at Hammersborgsgata which only 2 -3 minutes' walk from the teacher's hotel. Travelling by bus requires that you download the bus company app Ruter (<https://ruter.no/en/>) as busses (or trams) don't sell tickets onboard. The app contains time tables and offers different payment methods such as by card or by apple pay. Busses and trams are priced by zones, and it is one zone between the hotels and LDH. One single zone ticket will cost around 40 NOK. Alternatively, you can buy a 7-day ticket for 335 NOK <https://ruter.no/en/buying-tickets/tickets-and-fares/7-day-tickets/>



Oslo food and drinks

You can eat out from about 150NOK and upwards (simple sandwich and a coffee or a light salad) a pizza will be around 175 – 200 NOK and upwards. Coffee and tea costs about 50 – 75 NOK. Alcohol can only be purchased at A/S VinMonopolet, the Norwegian state-owned shop. During the summer school morning and afternoon coffee/tea as well as a light lunch will be served daily (Either the soup of the day with bread or a salad buffe).

Social events

There will be plentiful of opportunities to network outside the classroom. Welcome mingle (informal) will take place Monday the 26th of June (5.15PM) as well as on Monday 3rd of July (formal). Thursday the 29th of June (year 1 + teachers) and Wednesday the 5th of July (students, teachers together with conference participants, LDH students and staff) social networking events will also take place. The main social gathering will be the traditional black-tie (note dress code). The Gala Dinner is taking place on Thursday the 6th of July (6pm). Note that attendance at this spectacular event is viewed by traditions as mandatory. The subsidised price for the gala dinner will be 750 NOK (about 70€ - 75€ due to fluctuating exchange rate). At present the LDH work group is working on solving the easiest and least costly way of setting up the notification and prepayment for the gala dinner. Notification will be binding and last date for notification and other important information will be stated in your personal invitation sent out closer in time. Other social events such as guided walks, beer tasting and possible visits within the Norwegian health and social care are also underway as part of our planning.

EANS workgroup Oslo

The Oslo work group consist of 10 – 12 teachers, researchers, and PhD students. We have since the month of May 2022 been working in close collaboration with the two coordinators of EANS summer school (Veerle and Betsie) to realise this year's summer school in Oslo. Simplified, our main task as the host university is to do our very best to plan, organise as well as attract funding for all the things and activities that will take place outside the daily classroom activities. We are working hard on trying to ensure that all of you attending will experience a good and exciting time during the EANS summer school at Lovisenberg Diaconal University College in Oslo.

It is important to note that the host universities workgroups and all the others who are engaged in and during the summer school event works completely free of charge. They also often engage in the summer school during the time they would have been on their summer holiday i.e., during their free time. We do this as we think EANS, and that the EANS 3-year Summer school is of huge importance. Very many of us are also former EANS students and/or teachers meaning we know the value of investing in the annual summer school. Oslo work group are consequently very honoured (and exited) to be allowed to see you all as our guests this summer.

When the work group have been informed about accepted students, we will be in touch with all of you via mail. For example, we will need to know how to best reach you, possible food requirements, invite you to the gala dinner and sending out links for you to be able to prepare by downloading all teacher's material before arrival etc. If you have any questions about the practicalities of your stay, feel free to contact us at EANS_2023@ldh.no This e-mail address will be active from the 15th of February and onwards.

A word of caution

Oslo is a reasonable safe and tranquil town. However normal big city cautions are warranted. Summertime pic pocketing is not uncommon. Please don't have your wallet in your trousers back pocket. Don't carry too much money or your passport. If you are out and about, and not in a larger group avoid dark back alleys. Do not drink too much so you lose your vigilance. Please do not swim after having been drinking late in night. A general good rule for all travelling it to copy the two important pages of your passport and the front and back and always keep these copies outside your



handbag and backpack in case you would lose your passport. These copies could take you home.

Another final but important note is that we, the Oslo working group strongly recommend, and would highly appreciate, that each team of students within their year group share their phone numbers on their first day of summer school. By doing so we are all in a way looking out for each other in what is for many of us a new and unfamiliar town and country. Additionally, we would very much like to be made aware if someone becomes ill and need to rest at the hotel or why someone maybe is absent from a lecture. We as the host university is responsible for 105 students from all over Europe and are taking this responsibility very serious. Especially since not everyone knows each other thus, it is very important for us to be able to support and take care of things if there are any challenges or issues during the two weeks of summer school in Oslo.

Important numbers

112 - Police

110 - Fire

113 - Ambulance

911 - Police (only from mobile phones)

Urgent care (for minor, non-life threatening injuries and illnesses)

Norway has a very high standard of healthcare and there are medical clinics and general practitioners throughout the country for regular doctor appointments or non-emergency treatments.

In Oslo, there is the Norsk Legesenter (Norwegian Medical Center) at Pilestredet Park 7 (tel: + 47 22 98 05 00) or the Volvat Medisinske Senter at Borgenveien 2A (tel: +47 22 95 75 00).

You can also ask the front desk staff at your hotel to recommend doctors in the area.

Emergency room (for life threatening injuries or illnesses)

In Oslo, the Legevakt (emergency room) is located at Storgata 40 (tel: + 47 22 93 22 93). It is open 24 hours a day, 7 days a week.

Dentist (for emergency treatment)

Oslo: Tannlegen på Aker brygge,
Stranden 81
0250 Oslo
Tel: + 47-22 83 82 00

Pharmacies/chemists

These are called Apotek in Norway. Most are open Monday - Saturday 09:00/10:00 – 17:00/18:00 and closed on Sundays.

Health insurance

Make that you have an adequate travel insurance. Scandinavian citizens must show their passport in the event of a medical emergency while citizens of EEA countries must have a European Health Insurance Card (EHIC) or else the patient will be charged in full.