



Welcome to MS-Senteret Hakadal

Meeting Venue:

MS-Senteret Hakadal Blomsterbakken 33 1487 Hakadal Norway 0047/67062900 www.mssenteret.no

MS-Senteret Hakadal is located in a rural municipality with limited access by public transport. Therefore we have arranged accommodation and social event in Lillestrøm. Lillestrøm is a cozy city close to Oslo with very good access both from the airport Oslo Lufthavn Gardermoen (11 minutes by train) and Oslo city centra (11 minutes by train). The hotel is located in the main street of Lillestrøm, a short walk from the Lillestrøm train station. We will arrange transportation will be provided between the hotel and MS-Senteret Hakadal.

Meeting Participation Fee:

The meeting is free of charge for all RIMS members (membership ID required for registration).

Non-RIMS members pay a fee of 80.00€ to attend both days.

Hotel/Accommodation:

Thon Hotel Lillestrøm Storgaten 25 2001 Lillestrøm Norway 0047/66936330

https://www.thonhotels.no/hoteller/norge/lillestrom/thon-hotel-lillestrom/

Price hotel:

Price per night single room: € 120,00

Price per night double room: € 141,00

Prices are per room, per night, breakfast included. The night of the 13th of October is paid by the organization for RIMS-members. Any additional nights and other extras (mini bar, phone

etc.) shall be settled by the participants directly to the reception of the hotel during the check out.

The rooms will be booked by the Organization, in agreement with the hotel. When registering, please mention whether you choose 1 or more nights and what type of room you prefer.

Transport

We would recommend the following choices of transportation:

<u>Flight</u>

For your flight we suggest you to choose the airport: Oslo Lufthavn Gardermoen.

There is another airport in the eastern part of Norway (Sandefjord-Torp lufthavn (TRF)) but this is located very far from Oslo (1,5 hours by car/bus from Oslo)

From the airport to the hotel

You can choose between the public train (www.nsb.no) or airport express train (www.flytoget.no). Both have frequently trains from the airport to Lillestrøm and the both use approximately 10 minutes. The airport express is more expensive than public train. You want to get off at Lillestrøm station. Please note that some of the airport express train do not stop at Lillestrøm.

From Lillestrøm station, Storgaten is the main street in Lillestrøm with shops and restaurants (parts of Storgaten is for pedestrians only). It is possible to walk from the station to the hotel (8-10 minutes).

Welcome drink Thursday, October 12th, at 7 pm:

We would like to invite you to an outdoor event for the welcome drink. At Inger Loyning's home, there will be put up a party tent and possibility to enjoy the evening around the fire pit on the terrace. A drink and snack will be offered by the organization. Adress for reception: Odins vei 3b, 1465 Strømmen.

The location is close to Lillestrøm with several possibilities for transport: walk, take public train, or public bus.

Dinner Friday, October 13th at 7 pm

The location for dinner is not yet confirmed. For participants that are members of RIMS, dinner will be paid by the Organization. Dinner consists of a 3-course menu meat/fish/vegetarian, water and coffee. Other drinks are at the expense of the participants. Please indicate your preference on the registration form. For non-RIMS members dinner costs € 53, other drinks excluded.