

Information letter for participants

Welcome to joint in-between meeting for SIG Psychology&Neuropsychology and SIG Occupation at MS-Senteret Hakadal 26-28/10/2023

Meeting Venue: MS-Senteret Hakadal

Local organizer has booked bus transportation between Moxy Oslo X hotel and MS-Senteret Hakadal as there are limited public bus transportation between the two sites. For those who are travelling by car, the address is Blomsterbakken 33, 1487 Hakadal. From Oslo, take RV4 towards Gjøvik. The exit from RV4 is Tøyen, Hakadal kirke.

Hotel/Accommodation

Local organizer has pre-booked hotel rooms for participants at the Moxy Oslo X hotel in Lillestrøm. For RIMS members, one night accommodation is paid by RIMS as a member benefit. All other hotel costs are paid by the participants.

This hotel is not located in the city center of Lillestrøm, but side by side to the X Meeting Point convention center. See below, for more information regarding who to get there.

<https://www.marriott.com/en-us/hotels/oslox-moxy-oslo-x/overview/>

Transport to Oslo by air

Recommended transportation by air is to Oslo Airport Gardermoen. This is the largest international airport in Oslo and easiest airport to reach from most European destinations.

Transport to Moxy Oslo X hotel

Recommended transportation from Oslo Airport Gardermoen to the hotel is by the Airport Shuttle bus Flybussen FB1 Majorstuen. The bus stops in front of the entrance to X Meeting Point convention center en route to Majorstuen. Heading back to Oslo Airport the bus stops at the bus stop Hellerudsletta which is the nearest stop by the street.

Directions to hotel by car:

Moxy Oslo X is at Hellerudsletta, along RV22 between Hvam and Gjelleråsen – close to E6, and between Oslo and Oslo Airport. The road to Hellerudsletta is marked from E6 at Hotel Olavsgaard and along RV4 from Gjelleråsen. By car, the hotel is 15-20 minutes from Oslo. There are good availability for parking.

Directions to hotel by public transportation:

From Oslo Bus Terminal, take bus 380 Lillestrøm. Exit at Hellerud or Hellerudsletta bus stop. The bus leaves twice an hour and uses 43 minutes from Oslo Bus Terminal.

From Oslo Central Station, take the train towards Lillehammer, Eidsvoll, Dal or Kongsvinger (RE10, RE11, R12, R13 or R14). Exit at Lillestrøm station. Take bus 380 from Lillestrøm Bus terminal towards Oslo Bus Terminal. Exit at Hellerudsletta or Hellerud bus stop. The trains from Oslo to Lillestrøm leaves every 10th minute. The bus leaves twice an hour from Lillestrøm Bus Terminal and uses 21 minutes.

From Oslo Airport, take the VY train towards Asker, Skien or Kongsberg (RE10, RE11, R12). Exit at Lillestrøm station. There are 3 departure an hour. The trains uses 12 minues to Lillestrøm. Then, take bus 380 from Lillestrøm Bus terminal towards Oslo Bus Terminal. Exit at Hellerudsletta or Hellerud bus stop.

Welcome event Thursday evening 28/09:

For those who would like to meet for a welcome get-together Thursday night, we will meet at the Moxxy Oslo X reception bar at 19.30h. This event All participants order and buy what they want themselves

The SIG meeting dinner Friday evening

The venue for the SIG Meeting dinner is ABC Restaurant - Asian dining in Strømmen. We will organize bus transportation to the restaurant and back to the hotel. If you are driving your own car to the restaurant, the address is Strømsveien 47, 2010 Strømmen. There are usually good availability for street parking.

The restaurant will serve a buffet of several popular delicious asian dishes. The dinner cost is prepaid for RIMS members. 1 optional drink is included in the price.

Best regards,

Local organizers:

Inger Løyning
Hilde Gundersen
Jeanette Richwood