

Practical information

ENAS Forum & Assembly | Trondheim, Norway | 12 – 17 November 2017

1 | Accommodation & venue

All lectures and workshops during the main Forum will take place at the Scandic Lerkendal hotel in Trondheim which will also be the only hotel for pre- and main Forum delegates. During the pre-Forum, various locations will be used for lectures as indicated in the programme.

All rooms in the hotel are guaranteed to be ready for check-in at 16:00 on your arrival day. You will be able to safely store your luggage in a luggage room until your room is ready. Each room is equipped with hairdryer. Ironing and dry cleaning services are available via the hotel reception.

Scandic Lerkendal Hotel
Klæbuveien 127 A
7031 Trondheim
Norway

Phone: +47 21 61 51 00
 E-mail: lerkendal@scandichotels.com
 Web: www.scandichotels.no



2 | Arrivals & transfers

An airport arrival desk will be set up in the Trondheim Vaerness Airport arrivals hall. Availability is adapted to arrival and departure times. They will be able to provide with detailed information on transfer options.

To make it possible for you to travel from the airport to the hotel efficiently and without spending a lot of money, we have negotiated an arrangement with Nettbus.no who operate an airport line which stops directly in front of the hotel (stop 'Tempe Kirke' or 'Valøyveien').

Frequency: every 10-20 minutes (between 7:20 AM and 1:00 AM)

Duration: 50 minutes

Prices: ~~430 NOK~~ 100 NOK single journey (~ €10) // ~~220 NOK~~ 160 NOK return journey (~ €17)

Tickets: Buy your ticket on the bus, cards are accepted. Show the ENAS voucher on the bottom of this page to get discounted rates. Printed coupons will be available at the arrival desk.

DISCOUNT FOR NETTBUSS FLYBUSSEN TRONDHEIM

This discount coupon provides special price tickets for Nettbuss Flybussen Trondheim



1 adult single, NOK 100,- (student ticket)

1 adult return, NOK 160,- (student ticket)

(Valid 10 – 20 November 2017)

Nettbuss Flybussen AS

Torbjørn Lium

enas

Elle Cerullo

3 | Get (or stay) active in Trondheim!

Asbjørn Cup | The Asbjørn Cup is a very popular element of the ENAS Forum, held in memory of a former prominent member of ENAS. It's a fun, team building, challenge event, which everyone is encouraged to participate in. It's a great way to get to know some of the other delegates in a relaxed, informal (ok it's a little bit competitive ☺) fun, event. This event is one of the ways in which ENAS Forum is different from many other conferences you may attend. Don't miss it! It's best to participate in sports clothing/ trainers.

Morning Workout | Meanwhile a famous member favourite, our morning workout will also take place this year at the Forum in Trondheim. Choose from:

- Core HIIT Workout with Wayne Gordon and MYZONE interaction (inside)
- Run / walk with SiT guide (outside)

***new* Afternoon workout** | For the first time this year, we will also organise an afternoon workout on Thursday 16 November between 16:15-17:00.

4 | Charity Raffle & Auction

Every year the ENAS Forum host University nominates a local charity, which the Forum supports through a fund raising initiative. All delegates are invited to bring along some small gifts from their University, which may be put into the raffle and help to raise funds. This year our raffle and auction will benefit the great work of the Klovneløpet. This lively and colourful charity running event is an example of student engagement working to support hospital clowns. The hospital clowns work to bring dreams, hope and imagination into the daily life of hospitalised children. They are an important bright spot in an otherwise grey hospital day. Through participation in the Klovneløpet, the students in Trondheim give something back to the city they love and its inhabitants allowing the clowns to keep cheering up the young ones. More info: <https://www.klovnelopet.com/> (unfortunately only in Norwegian)

In addition to the raffle, for any very special items which may be donated (e.g. Kukri one of our main sponsors, have previously, generously donated some signed sports shirts) we have an auction where delegates are invited to bid for items, and some of these items are very desirable indeed.

Last year we raised over €5000 for the local charity in Malta, and we'd like to raise a good amount for the charity again this year.

5 | Evenium Connex Me

This year, for the first time, we will be using a mobile and web based event application to help you to network, to find all the information you need and to interact during sessions.

Get info, network, interact:

- 1 Download the app: Evenium ConnexMe

Or visit <http://evenium.me> on PC or phone



- 2 Connect with your e-mail: firstname@example.com

Event details will be shared soon.

6 | Packing list

Don't forget:

- Sports gear: Asbjørn Cup (inside) & workout (inside/outside)
- Swimming gear (Monday arrivals)
- Warm (!) clothing aligned with 'dresscodes':
 - o Opening Ceremony: smart casual / business casual
 - o 2nd night: casual
 - o Closing & Awards Dinner: cocktail
- Your good mood!

7 | Other practical information

MEDICAL CARE	E111 European Health insurance Card. In case of emergency, call 112.
LOCAL TIME	GMT + 1
POWER	220-240V (Type C) Most delegates will not need an adapter for this as it is most commonly used outlet type in mainland Europe. Delegates from United Kingdom, Ireland, Malta and from outside of the EU will need an adapter.
WEATHER	Trondheim has a subarctic climate with strong winters. Average temperatures in November vary between -2°C and 4°C. There might even be snow ❄️ Adapt your clothes to cold weather.
DAYLIGHT	We are travelling to the land of the midnight sun in wintertime which means there are only a limited number of daylight hours. Sunrise is expected around 8:30, sunset at 15:30 during the conference time.
ALCOHOL	Very strict rules apply. Drinking in public places is illegal. High tax levels result in high prices for alcoholic drinks and strict import policies exist, see here .
TELEPHONE	+47
CURRENCY	Norwegian Kronur (NOK), 1 NOK = €0.11 (14.04.2017) Price levels are generally high in Trondheim. For more info, click here .

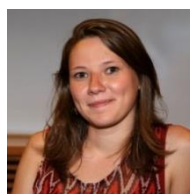
Need even more practical information? Find it [here](#).

8 | Contact



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We are looking forward to see you in Trondheim together with our partners:

