



## General information visiting Norway

### About the Host

Norsk Elektroteknisk Komite (NEK) is located in Mustads vei 1, Lilleaker, Oslo.

NEK provides standards for the entire electrotechnical sector in Norway and is today an active member of the IEC and CENELEC.



### Travel information

The main airport, Oslo Airport Gardermoen, is located 47 km north of Oslo, but the city is also easy to reach from Sandefjord Airport Torp, located 110 km south-west. For more information visit [www.visitoslo.com](http://www.visitoslo.com).

You can reach Central station by the Airport Express Train every 10 minutes (duration approx. 20 minutes, NOK 190) or by Airport Express buses to downtown Oslo (approx. 40 minutes).

A taxi from Oslo Airport Gardermoen to downtown Oslo is often very expensive (> 1000 NOK). If you want to take a taxi, contact the taxi information desk in the arrival hall. Sandefjord Airport Torp is on the normal train line and on bus routes. You must expect a 120 minutes ride.

All trains arrive at Oslo Central Station (often referred to as Oslo S), while buses arrive at the Oslo Bus Terminal. Both stations are located right in the heart of the city.

You can also reach Oslo by a ferry from Kiel, Germany, Fredrikshavn or Copenhagen, Denmark.

### Public transport

For information and tickets for public transport (bus, tram, metro and train) in Oslo and the surrounding areas please visit [www.ruter.no](http://www.ruter.no) or at the "Trafikanten Service Center" at Jernbanetorget 1, 0154 Oslo.

### Tourist information

The easiest and most inexpensive way to visit Oslo is with an "Oslo Pass" which provides free travel on all public transport, free admission to museums and sights, free parking in all Oslo municipal car parks, discounts on car hire. For more information visit [www.visitoslo.com](http://www.visitoslo.com) or visit one of the three tourist information centers in Oslo which can help you with



- information and free brochures about Oslo
- the Oslo Pass
- tickets for sightseeing and excursions
- souvenirs
- money exchange

The tourist information offices are located at the Central Station and at the City Hall.

### Hotels and Accommodation

There are plenty of hotels in Oslo City Centre. We will recommend accommodation close to the Nationaltheateret station, the main street Karl Johans gate and Stortinget (The parliament). Please find information at the Official travel guide to Oslo [www.visitoslo.com/en/accommodation/](http://www.visitoslo.com/en/accommodation/) or use ex. [www.booking.com](http://www.booking.com).

Examples of hotels in central Oslo is [Grand Hotel](#), [Best Western Karl Johan Hotell](#), [Scandic Victoria](#) and [Thon Hotel Cecil](#).



## Business & Shopping Hours

Business hours in Oslo are between 09:00 and 18.00, but the shopping centers have longer opening hours. In Norway the shops are closed on Sundays.

## Climate & Clothing

Oslo can have changeable weather both in summer and winter with both sunny days, rain and (in winter) snow. The temperature can be as low as minus 20 degrees Celsius in the wintertime. Snow and ice are normal November to March. In summertime mostly nice temperatures from 15 to 30 degrees an long bright days (nights) May to September. Always bring an umbrella and clothing for the time of the year. Warm shoes in the winter.



## Credit Cards

Major credit cards such as American Express, Visa, MasterCard and Diners Club are widely accepted.

## Currency/Exchange

The Norwegian currency is the Norwegian Kroner (NOK) which is the only currency accepted for cash payment. All major credit cards are accepted in hotels, restaurants, cafes, supermarkets and taxis. Cash can be obtained from ATMs or at banks.

April 2018 rates: 1 € = 10,11 NOK, 1 USD = 8,17 NOK

Trading hours: Monday-Friday 09:00-15:30. The banks in Norway are closed on Saturdays and Sundays.

## Electricity Supply

The electricity supply in Norway is 230V 50 Hz, and Type C Europlug and Type F Schuko two-pin plugs are used.



## Internet

There will be free high-speed WiFi Internet access for all delegates inside the NEK office. WiFi Internet access is free of charge in hotels, most restaurants and cafes in Oslo.

## Language

Most Norwegians speak fluent English.

## Telephones

To call outside Norway, dial 00 or + before the country code. The international code for Norway is +47.

## Time Zone

Norway is in the Central European Time Zone (CET = GMT + 1).

