

Travel information

1 Address

Norsk Elektroteknisk Komite (NEK)
Mustads vei 1 (7th floor)
0283 Oslo

[Map link](#)



2 Hotels and Accommodation

There are plenty of hotels in Oslo City Centre. We recommend accommodation close to any of the train stations for easy access to Nekk and the main airport.

Please find information at the Official travel guide to Oslo www.visitoslo.com/en/accommodation/, any of the booking sites or for example google maps.

3 Transportation to NEK

3.1 From Oslo Airport

Oslo Airport is located 47 km north of Oslo. The fastest and most convenient way to travel is by the Airport Express Train (Flytoget) and get off at Lysaker station, which is three stops after the Central station. The travel time is about 35 minutes. Visit flytoget.no for prices and more information.

It is also possible to travel by local or regional train or bus.

Taxi prices vary. Most taxi companies offer fixed prices from the airport to the city center. However, the ride to NEK is a bit longer and the fixed rates may vary depending on the day of the week and the time of the day. Prices above NOK 1 000 should be expected.

For more information: www.visitoslo.com.

3.2 From city center

You may travel by bus, tram or train to NEK from central Oslo. Here are some examples.

3.2.1 By train

You may board most of the local and regional trains heading west from Central Station or National Theatre station (Nationaltheatret). Get off at Lysaker station. The ride takes approximately 10 minutes. The walk to NEK from the station according to the following map takes approximately 10 min: (See map below). You may also take a taxi from Lysaker station to the main entrance. See map below.

3.2.2 By bus

Enter bus no. 32 from central station bound for "Voksen Skog". Closest to central station is the station called "Tollboden" ([map link](#))

Get off at CC Vest ([map link](#)). You can now see the building.



Walk to the opposite side of the street and enter the east entrance of Mustads vei 1. (The main entrance is on the west side). Walk past some restaurants and enter through a door to a stairway with two elevators. Go to 7th floor to find NEK offices and meeting rooms, or ground floor to another meeting room and cantina.

From the central station you may also take buses bound for Fornebu, Snarøya and other destinations in Bærum, which stops at Lysaker station. The ride takes approx. 10 to 20 minutes, depending on the route. The walk to NEK from Lysaker station takes approximately 10min. (See map below)

Find other routes by [following link](#):

4 If you travel by car

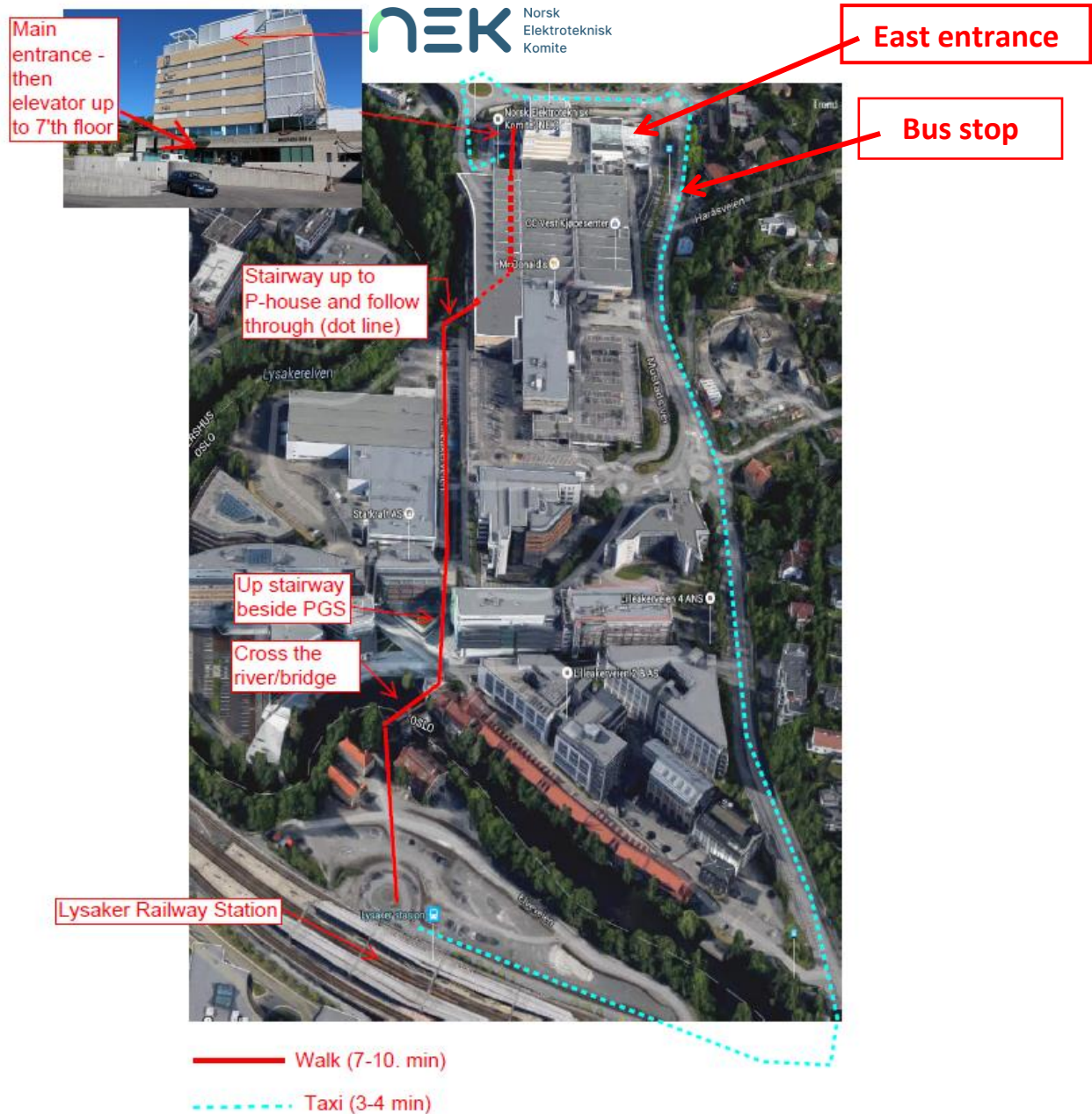
Set your GPS to the NEK address or the CC Vest shopping center. You may park your car in the shopping centre parking area (3 hours free parking)

5 Map details

Walk map from Lysaker station to west entrance

Taxi map from Lysaker station

Bus stop and east entrance



6 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 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.

7 Business & Shopping Hours

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

8 Climate & Clothing

You may encounter all types of weather in Oslo in all seasons, all though temperatures in summertime normally stays within 10 to 30 deg. Likewise - 20 to +5 deg. in wintertime.

Snow and ice are to be expected November to March.

Around late June there is daylight for almost 19 hours. Around late December the daylight is down to 6 hours.

Always bring an umbrella and clothing for the time of the year. Warm shoes during wintertime.

9 Credit Cards

Major credit cards such as American Express, Visa, MasterCard and Diners Club are widely accepted and may be used almost everywhere.

10 Currency/Exchange

The Norwegian currency is the Norwegian Kroner (NOK) which is the only currency accepted for cash payment. Cash can be obtained from ATMs, but normally cash is not necessary.

You may use this link to see the current [exchange rates](#):

11 Electricity Supply

The electricity supply in Norway is 230 V 50 Hz. The plug and socket types are Type C Europlug and Type F Schuko.



12 Internet

4G and 5G network as present in most areas in and around Oslo. At the NEK office there is free high-speed WiFi access for all guests. WiFi is also normally free of charge in most hotels, restaurants and cafes in Oslo.

13 Language

Most Norwegians speak fluent English.

14 Telephones

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

15 Emergency telephone numbers

110: Fires and major accidents
112 (911): Police and rescue coordination centre
113: Ambulance medical emergencies
116117: Accident and emergency

16 Time Zone

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

17 Passport and Visa

All visitors need a valid passport to enter Norway. Participants are advised to check their local travel agency about regulations regarding passport, visa. If a letter is required for visa applications, NEK will send an official invitation.

18 About NEK

The Norwegian Electrotechnical Committee was founded in 1912 and was the 21st member of IEC. NEK is an independent non-governmental organisation promoting electrotechnical standardisation and conformity assessment. NEK is a founding member and national committee of CENELEC.