

Practical info

Contact: If you need more info or need any assistance, please contact **Kine** (+47 47018465 / kskrim@gmail.com) or **Jacqueline** (+47 98250628 / stavangeraikido@gmail.com)

Weapons: There will be bokken and jo classes.

If you're local or come by car: Bring your own bokken/jo (if possible more than one).

If you come by plane: We have bokken for loan in our dojo.

Accommodation: You can stay for free in the dojo. Bring your own sleeping bag and a sleeping pad.

Hotels: There are some hotels in Lillestrøm (10 min. by bus). In Oslo you will find a broader range of hotels/B&B (23 min. by train).

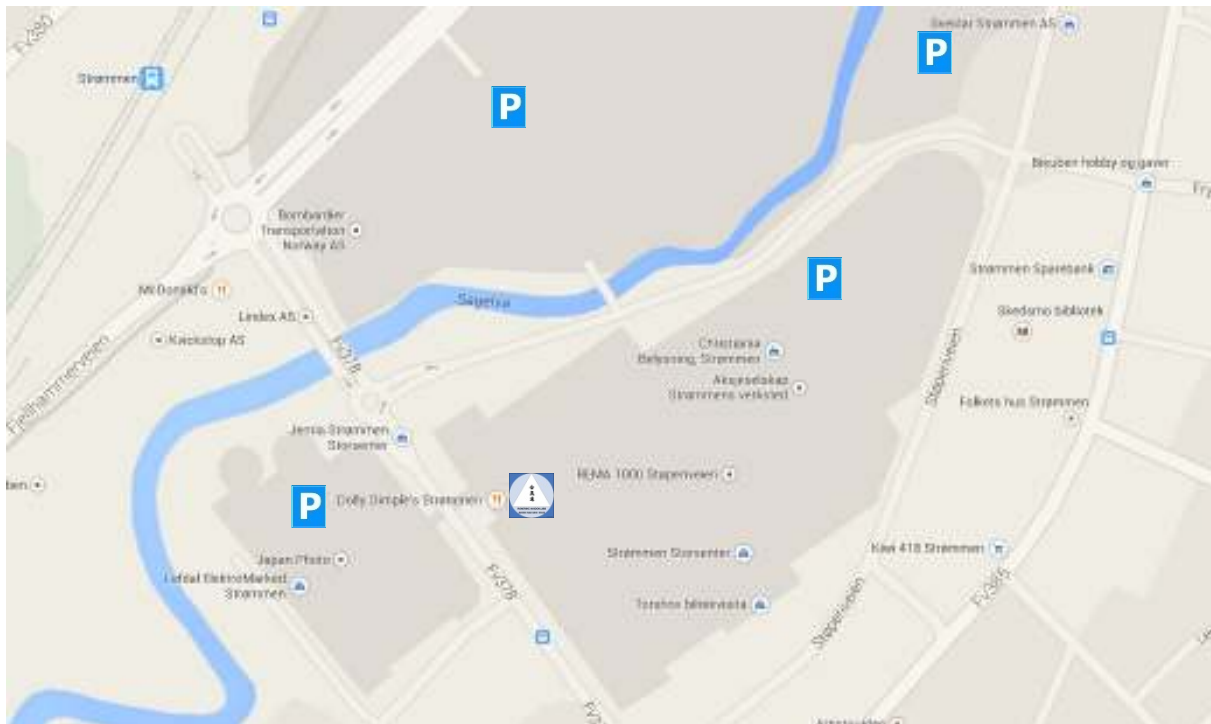
Food/drink: In the dojo kitchen you will find fridge, freezer, microwave, a small oven with 2 electric hobs, water boiler, coffee machine. There will be coffee/tea available at no cost.

Buying food: several cafés and grocery stores nearby.

Beer/wine/spirits: Norway has a strict policy regarding alcoholic beverages.

You can buy beer in grocery shops (mon-fri: 08.00-20.00, sat: 08.00-18.00).

Strong beer, wine and spirits are sold exclusively at Vinmonopolet (mon-fri: 08.00-18.00, sat: 08.00-15.00).



Groceries: **Kiwi** (mon-sat: 07:00 - 23:00, sun: 10:00 - 21:00), **Rema 1000** (mon-fri: 07:00 - 23:00, sat: 07:00 - 21:00). **Wine/spirits:** **Vinmonopol**: inside Strømmen Storsenter/the shopping mall (mon-fri: 10:00 - 18:00, sat: 10:00 - 15:00).

Schedule:

Friday 16th evening:

- 19.00 - 21.00

Saturday 17th:

- 10.00 - 11.45

- 16.00 - 17.45

- 20-ish: Party in dojo

Sunday 18th:

- 11.00-13.00

(with a short break, bring snack)

Directions – Romerike aikidoklubb

Address: Stasjonsveien 4, Strømmen, Skedsmo (Akershus)

GPS coordinates: 59° 56.849', 11° 0.313'



By train

Remember to buy tickets before you enter the train. Also note that tickets for regional/local trains are bought at the red ticket vending machines and for the airport express train at the orange ticket vending machines. You can also check train schedule and price on www.nsb.no (enter 'Oslo S' for central station or 'Oslo Gardermoen' for the Oslo Airport - and 'Strømmen' as destination). Yes, you can preorder and prepay train tickets online - but remember that you'll still have to redeem the ticket at a red ticket booth before boarding the train.

OSL Airport (Gardermoen) – Strømmen, less expensive (30 – 40 min, NOK 70,-):

- Local train (L12) towards Skien or Regional train (R10) towards Kongsberg, change train at **Lillestrøm**.
From Lillestrøm: Local train (L1) towards Spikkestad, get off at **Strømmen**
(walking distance to dojo: 5 min)
(Alternative: Bus 401 from Lillestrøm to Strømmen, see below – «By bus»)

Alternatively, OSL Airport– Strømmen, expensive (NOK 130,- to Lillestrøm)

The Airport Express Train/Flytoget towards Drammen. Change to local train (L1) or bus (401) at Lillestrøm.

Oslo S – Strømmen (23 min, NOK 50,-):

- Local train (L1) towards Lillestrøm, get off at **Strømmen**.

By bus:

Lillestrøm – Strømmen (7 min, NOK 30,-):

Bus 401 from Lillestrøm terminal (direction Oslo). Get off at Stasjonsveien (walking distance to dojo: 3 min).

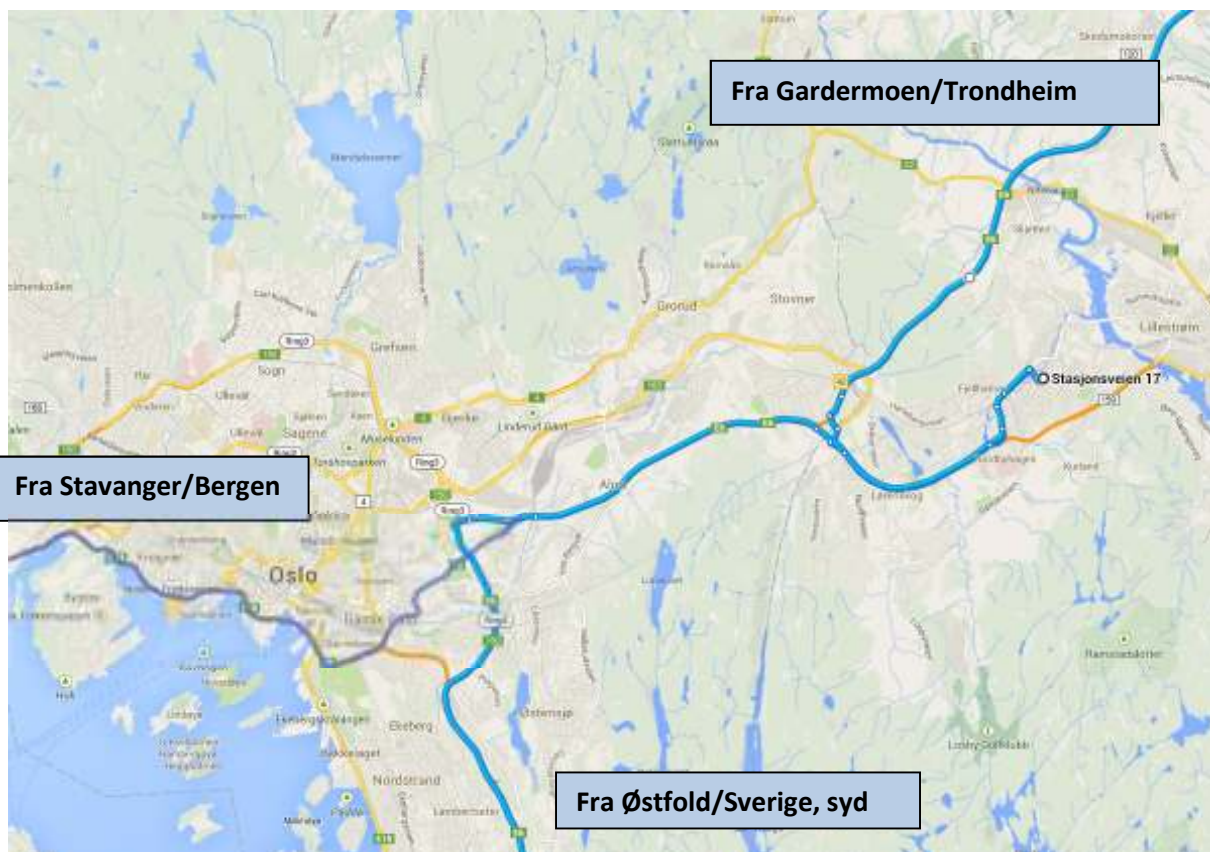
Oslo – Strømmen (42 min, NOK 50,-):

Bus 401 from Oslo Bussterminal (direction Kjeller). Get off at Stasjonsveien (walking distance to dojo: 3 min).

By car:

Google maps: Choose destination «**Stasjonsveien 4, 2010 Strømmen, Norge**», alternatively GPS coordinates: 59° 56.849', 11° 0.313' for most accurate directions.

Parking: There are several parking options nearby, two parking garages and car park areas. The parking is free for 2 and 3 hours respectively and payable for exceeding time. There are also possibilities for street parking. Please investigate regarding parking regulations as the fines are high.



From north: follow E6 towards Oslo, take exit 42 towards Rv159/Karihaugen/Høybråten/Lillestrøm, follow signs to Lillestrøm/Strømmen onto Rv159. Take the exit to **Fjellhamar/Lørenskoghallen** from Rv159 into the tunnel. Follow this road until you reach a gas station (Shell). Take right for entering parking garage or drive through the roundabout for car park area.

From south: follow E18 and then E6 towards Oslo, follow sign for Trondheim/Oslo N/Ø/Ring 3, in Oslo follow E6 towards Trondheim, take exit 42 towards Rv159/Karihaugen/Høybråten/Lillestrøm, follow signs to Lillestrøm/Strømmen onto Rv159. Take the exit to **Fjellhamar/Lørenskoghallen** from Rv159 into the tunnel. Follow this road until you reach a gas station (Shell). Take right for entering parking garage or drive through the roundabout for car park area.

From west (Stavanger/Bergen): Follow E16/E18 towards Oslo, in Oslo follow E18 and then follow signs for E6 Trondheim. Follow E6 towards Trondheim, take exit 42 towards Rv159/Karihaugen/Høybråten/Lillestrøm, follow signs to Lillestrøm/Strømmen onto Rv159. Take the exit to **Fjellhamar/Lørenskoghallen** from Rv159 into the tunnel. Follow this road until you reach a gas station (Shell). Take right for entering parking garage or drive through the roundabout for car park area.