

Practical information

The Nordic Metabolomics Society workshop and Throne Holst symposium, October 31st-November 1st 2019 takes place at **Domus Medica, Gaustad, University of Oslo, Runde auditorium.**

Domus Medica is located side-by side to Rikshospitalet at Gaustad.

Air plane:

Most international flights arrive at Oslo International Airport Gardermoen (avinor.no).

There are several ways of getting from Gardermoen to Oslo.

- One is the airport express train Flytoget (flytoget.no) which has quite an expensive travel fare (196 NOK), but will bring you to Oslo's central train station in about 20 minutes. Take the train to Oslo Central station. Then take the subway to Forskningsparken station (line # 5 Sognsvann, or line # Ringen, or line # 4 Vestli). Then take the tram (# 17 and 18) to Rikshospitalet station or walk 5 min.
- There are also regular local Trains (nsb.no) that can transport you to the centre of town. These have cheaper fares, but run less often and might take slightly more time.
- Airport buses Flybussen (flybussen.no) to Gaustad station (line FB3) and Flybussekspressen (nor-way.no) have cheap travel fares as well and stop at a number of Oslo destinations. The estimated time of travel on an airport bus is 45 minutes from Gardermoen to The Oslo Bus Terminal.

Underground / Metro / Subway

You will find underground railway stations by looking for white signs with a blue encircled T ("T-bane" in Norwegian).

All lines stop at **Oslo Central Station** (west bound). To get to the University at Gaustad choose west bound line 4 Vestli via Storo, 5 Ringen via Storo, or 5 Sognsvann to **Forskningsparken** station. Then take the tram to Rikshospitalet station. University is situated on the little hill top straight forth as you depart the train. The red brick buildings should be easy to spot.

Tram

Both line 17 Rikshospitalet and 18 Rikshospitalet stop at **Rikshospitalet station**, which is at University at Gaustad and the building called Domus Medica. Both lines pass by Oslo Central Station which is convenient for travelers arriving by train.

Please follow the signs from the tram stop to Runde auditorium



The conference dinner

A 3-course conference dinner will be served at Argent restaurant at 8 PM. The restaurant is situated in the National Opera Building, and a private bus will bring us directly from the University to the Opera. Before the welcome drink, there will be time for a short walk around the Opera, to enjoy the view of Oslo by night and take selfies with the seagulls.

