

A green silhouette map of Norway is centered on the page. Two red triangles mark specific locations: one inverted triangle pointing down in the northern part of the country, and one upright triangle pointing up in the central part. The text 'TRONDHEIM' is positioned above the northern triangle, and 'RØROS' is positioned to the right of the central triangle.

TRONDHEIM

RØROS

**84th International Session of the
European Youth Parliament**

21st - 29th April 2017

Travel Booklet

A decorative border at the bottom of the page consists of several overlapping triangles in various colors, including shades of orange, red, pink, purple, blue, and green.

Travel booklet Trondheim&Røros 2017

Welcoming words from the Head Organisers and the National Committee;

EUROPEAN YOUTH PARLIAMENT
NORGE NORWAY



Dear delegates,

We wish to welcome you to our two wonderful cities, Trondheim and Røros. We will meet for the first time at the Mining Town Røros, a place packed with culture and European history. The butterflies go crazy in our stomachs when we think about all of you guys coming to this small town, turning it upside down and bringing the future of Europe into the heart of the Norwegian mountain. After a few days we go down from the mountain towards the fjord and our hometown, we are so eager to show it to you! We wish for the session to have be magnificent and bubbling over of optimism and positivism for the future. Therefore, the most important thing for you to pack into your suitcase is a huge smile and happy thoughts. See you soon and safe travels.

Free hugs from,
Marit, Frida and Lars Kristian
Head Organisers of TRØ17

Dear participants,

You are now preparing to travel all the way up north to the two beautiful places of Trondheim and Røros, and I could not be more proud to welcome you on behalf of the National Committee of the European Youth Parliament Norway. Your arrival has been carefully planned and greatly anticipated, and I really do hope – and believe – that you will have some incredible days in this country situated in the very corner of Europe.

It has become increasingly important to highlight the strength, benefits and progress that follow European cooperation and dialogue. During Trondheim & Røros 2017 this will be proven in the best way possible; by European youth coming together in order to build bridges, friendships and a more open and accepting future. The session theme is “Where past and future meet” and my biggest wish for this session is that you – the next generation! – will be inspired to make the future as bright as it can be.

I hope you are all as excited as I am for the wonderful experience that awaits us. Safe travels, and I will see you all very soon in this cold and wonderful country. We are lucky to have you.

All the very best,
Nina Selmer
President of the European Youth Parliament Norway Alumni Association

GENERAL INFORMATION:

The starting point for the session is at Røros Hotell (An-Magrittveien 48, 7374 Røros Norway). Delegates are expected to arrive here.

Arrival date is Friday, 21st of April until 24:00. As, at 21:30 the Reception in traditional Lavvu will start. If you arrive after this time, we will still arrange a check-in for you, but slightly modified than a usual one. There will be served food in the Lavvu, also for those who arrive late. Departure date is the 29th of April, hotel check out at 11 am.

Costs:

The official currency in Norway is A Norwegian Crone or NOK. In most places you would be able to pay with both cash and card. The currency exchange rate as of 15 Jan 2017: 1 EUR = 9 NOK.

Where to buy tickets and how to pay:

Train tickets can be bought in advance on the website www.nsb.no, purchased on the platform or inside of the station building. The cheapest way to buy train tickets is definitely by booking in advance on the website, but be aware that you can only buy tickets for a designed time when you buy on the website. Bus tickets can be purchased when you enter the bus.

The tickets from Oslo airport or Trondheim airport to Røros are at participants own expense.

Accommodation details:

Røros hotel


Address: An-Magrittveien 48, 7374 Røros Norway

The accommodation for the teambuilding. All session participants will be staying here from Friday the 21st - Monday the 24th.

Scandic Lerkendal hotel

Address: Klæbuveien 127 A, 7031 Trondheim, Norway

The accommodation for both Committee Work and General Assembly. All session participants will be staying here from Monday the 24th - Saturday the 29th.



ARRIVALS

Travelling to Røros:

You should arrive at Røros at the 21st of April, no later than 24:00.

By air you have two options:

1. Fly to Trondheim airport Værnes and continue your journey to Røros by train or bus.
2. Fly to Oslo airport Gardermoen and take another flight to Røros airport

To Oslo airport you can get using many international airlines, if you consider flying from Oslo airport to Røros, there are only Widerøe airline operating on this route.

The approximate cost of the flight ticket is 600 NOK or 66 EUR

From Oslo airport to Røros:

Train from Oslo airport Gardermoen to Røros Station

- Approximate cost: 249NOK/27EUR
- Travel time: 4h 30 min

From Trondheim airport to Røros by train:

Airport express **bus** from Trondheim airport to Trondheim Central Station

- Approximate cost: 100NOK/11EUR
- Leaves every 10 mins. Travel time: 30 min

Train from Trondheim Central Station to Røros Station

- Approximate cost: 249NOK/27EUR
- Travel time: 2 h 30 min

From Trondheim airport by bus:

Airport express bus from Trondheim airport to Trondheim Central Station

- Approximate cost: 100NOK/11EUR
- Leaves every 10 mins. Travel time: 30 min

Bus from Trondheim Central Station to Røros Station

- Approximate cost: 210NOK/23EUR
- Travel time: 3h

There will be organisers both at Trondheim airport and at Trondheim central station to help you with tickets and guide you to the bus/train. The organisers will also help you with any questions you might have concerning your travels. There will not be any organisers at Oslo airport because the train from Oslo to Røros goes directly from the airport and the tickets for the train can be bought in advance at www.nsb.no. The cheapest way to buy train tickets is definitely by booking in advance on the website, but be aware that you can only buy tickets for a designed time when you buy on the website.

DEPARTURES

It is easiest to fly from Trondheim, but a return ticket from Oslo is also manageable as the flights between Trondheim and Oslo are quite frequent. If you fly back from Oslo, please calculate 8 hours travel by train, or take a flight from Trondheim to Oslo, which will arrive no later than 15:00 at Oslo airport.

1. Airport express bus from Scandic Lerkendal to Trondheim airport Værnes
 - Approximate cost: 100NOK/11EUR
 - Leaves every 10 mins. Travel time: 40 min

Plane from Trondheim airport Værnes to given European city

2. Airport express bus from Scandic Lerkendal to Trondheim airport Værnes
 - Approximate cost: 100NOK/11EUR
 - Leaves every 10 mins. Travel time: 40 min

Plane from Trondheim airport Værnes to Oslo airport Gardermoen, return to given European city.



Forms

Please fill in the following forms by **February 17th** 2017. When filling in the travel form, you will have to upload signed and scanned medical emergency sheet and the consent form.

Travel form: <http://polls.eyp.org/istrondheimtravel>

Medical emergency sheet:

http://eyp.org/IS/2017_Trondheim/Medical_Emergency_%20Sheet-participants-IS_Trondheim_2017.pdf

Consent form delegates under 18 y.o.:

[http://eyp.org/IS/2017_Trondheim/Consent_Form-delegates_\(-18_parental\)-IS_Trondheim_2017.pdf](http://eyp.org/IS/2017_Trondheim/Consent_Form-delegates_(-18_parental)-IS_Trondheim_2017.pdf)

Consent form delegates above 18 y.o.:

[http://eyp.org/IS/2017_Trondheim/Consent_Form-delegates_\(+18\)-IS_Trondheim_2017.pdf](http://eyp.org/IS/2017_Trondheim/Consent_Form-delegates_(+18)-IS_Trondheim_2017.pdf)

Consent form teachers:

http://eyp.org/IS/2017_Trondheim/Consent_Form-teachers-IS_Trondheim_2017.pdf



Questions and Answers

Where does the session start and end?

The session starts at Røros and ends in Trondheim.

During the session we switch locations from Røros to Trondheim, do I have to arrange my own transport?

No, the organising team will organise and book the transport between the cities.

Will I need a Visa?

The following countries need a visa to come to Norway: Armenia, Azerbaijan, Belarus, Georgia, Kosovo, Russia, Turkey and Ukraine.

The following countries do not need a visa to come to Norway: Albania, Macedonia, Moldova and Serbia do not need a visa, but biometric passport. Bosnia-Herzegovina does not need a visa or biometric passport. If you have been in the Schengen area in the last 90 days, you must check when it is possible for you to re-enter, and how many days you can stay in Schengen. Please use the visa calculator to check this: https://ec.europa.eu/home-affairs/content/visa-calculator_en. This governmental webpage has more information for those who do not need visa to visit Norway: <https://www.udi.no/en/want-to-apply/visit-and-holiday/to-visit-norway-without-a-visa/>

We will send the invitations to all the delegations who need the visa to the NC email. If you have any visa-related questions please get in touch with Anniken and Sarah at info2017@eyp.no We highly recommend that you book your visa appointment as soon as possible to avoid high costs.

Should I book return flights from Trondheim and fly into Oslo or to and from Trondheim/Oslo both ways?

How you choose to fly to and from the session is your choice, but the easiest and quickest town and airport to depart from is Trondheim. If plane is preferred flying to Oslo and from Oslo to Røros is the easiest. Whichever city you decide to fly to, the journey home will be absolutely fine.

Can I book my flights right away (now)?

YES! The session has been given a green light; you are therefore free to book the tickets as soon as you wish. Our participants support team at info2017@eyp.no will be happy to assist if you have any questions.

Questions? Don't hesitate to contact us at info2017@eyp.no



Trondheim is one of few cities in Norway where you can play quidditch and enter a quidditch tournament. Despite Trondheim's size the city only has one tram-line that is in use and it goes into the woods.

TRONDHEIM



RØROS

Røros is a UNESCO-city with a population of only 5500. The church in Røros is quite large, or the city quite small, as half of the population can fit inside the church.

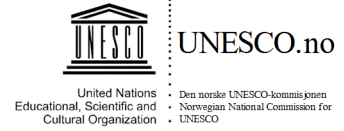
Participants can travel to either Trondheim or Oslo airport and use rail, bus or regional flights to get to Røros/Trondheim.



WITH THE SUPPORT OF



Norwegian Ministry of Foreign Affairs



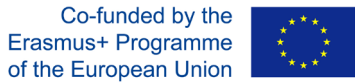
Norwegian Ministry of Culture



SØR- TRØNDELAG COUNTY AUTHORITY



Norwegian Ministry of Defence



Norwegian Ministry of Petroleum and Energy



Nord-Trøndelag fylkeskommune



RØROS HOTELL



Lerkendal

IN COOPERATION WITH



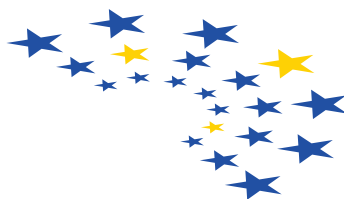
RØROS KOMMUNE



STAHILI FOUNDATION



INITIATED BY



EUROPEAN YOUTH PARLIAMENT



EUROPEAN YOUTH PARLIAMENT
NORGE NORWAY

The Schwarzkopf Foundation is the international umbrella organisation of the European Youth Parliament (EYP). EYP Norway is a National Committee in the EYP network.