

# DEAR DELEGATE

We are delighted to welcome you to the Kongsberg Maritime Training Centre in Carpus, Kongsberg. This pack is designed to give you information that might be helpful prior to attending the course. If you have any other questions please do not hesitate to contact us.

Please arrange flights and accommodation according to dates and times specified in your confirmation e-mail. The course will finish at the time stated unless specified.

## ON THE DAY

### Registration

Your course start time is listed in the mail received. Please arrive in due time for your course. Upon arrival, please register in the front desk.

### Access to building

Please note that the training centre will not be open to delegates until 08:15am.

### Special needs

We recognize that some course participants may have special needs and therefore require assistance during their attendance. Please notify us of any specific requirements or assistance and we will endeavor to meet these.

## OUR TRAINING CENTRE

### Contact

Kongsberg Maritime AS  
Kirkegaardsveien 45, Carpus NO-3601  
Kongsberg Norway  
Telephone +47 3228 5000

### Email

[km.training@kongsberg.com](mailto:km.training@kongsberg.com)





## ACCOMMODATION PACKAGE

Kongsberg Maritime Training Centre Carpus can offer all participants a complete accommodation package at Quality Hotel Grand, Kongsberg. The accommodation package includes room with breakfast and organized transportation between the hotel and the training centre. Lunch is included in the course price. Accommodation package price per participant, per day: NOK 1500.

### **Kongsberg, Norway – Quality Hotel Grand Kongsberg ( [www.grandkongsberg.no](http://www.grandkongsberg.no) )**

Quality Hotel Grand is a business and conference hotel in central Kongsberg. The Grand Hotel is perfect for both business and pleasure with lots to explore in and around the city. Kongsberg Maritime Training Centre is located 2 km outside the city centre and it is easy to reach by the bus shuttle included in the accommodation fee.

More information about the shuttles is given to you by the front desk at Quality Hotel Grand.

We hope to see you soon at the Quality Hotel Grand, Kongsberg! Do you have any questions about your stay? We hope you'll find the answers below. Please book hotel accommodation when you sign up for a course as there is a heavy demand for accommodation in the city of Kongsberg.

It's taken care of



**Nice to know:**



**Breakfast –incl in KMT rate**

We serve a big breakfast buffet with many organic and healthy options – a proper hotel breakfast!

Monday – Saturday: 7am – 10am  
Sundays: 8 am – 11am



**Café Pi,**

Tasteful dishes in urban surroundings. Our menu includes everything from classics to new and exciting dishes. We give KMT 10% discount.

Monday – Saturday: 11 am-11pm  
Sundays: 11am – 9pm



**Gym**

Take the opportunity to exercise in our well-equipped gym. We have free weights, treadmill and exercise bikes. Free of charges for KMT.

Every day: 6am – 10pm





### **GruveSpa**

Enjoy a variety of spa treatments and full relaxation.

For Spa treatments:

(+47). 32 77 28 86 or e-mail:  
[anne.lene.kirkeng@choice.no](mailto:anne.lene.kirkeng@choice.no)

Every day: 6am – 10pm



### **WiFi**

Our free WiFi can be accessed from anywhere in the hotel. Drop by the reception for the access code or log in using your Nordic Choice Club membership number. It really couldn't be easier.

It's taken care of



### **Forgot something?**

Forgot to pack something? No problem. At the reception we have just about everything you might need in terms of hygiene products. Need something that we don't have on hand? We'll do our best to help you get it.

## TRANSPORTATION – HOW TO GET HERE



### **From airports**

**Oslo Airport, Gardermoen ( [www.osl.no](http://www.osl.no)) to Kongsberg**

#### **Bus services:**

Airport shuttle from the airport to Oslo bus terminal- SAS Flybussen every 20 minutes / travel time 40 min.

Express bus from Oslo bus terminal to Kongsberg – Timekspresen [www.timekspresen.no](http://www.timekspresen.no)) Line1 to Notodden. Hourly service/ travel time 1 h 30 min. A through ticket to Kongsberg can be bought on the airport shuttle.

#### **Train services:**

[www.nsb.no](http://www.nsb.no)

Direct train from the airport to Kongsberg. Hourly service / travel time 1 hr 45 min.

[www.flytoget.no](http://www.flytoget.no) or telephone: (+47) 815 00 777

Every 10 minutes to Oslo S (main railway station)

#### **Taxi services:**

[www.ktt.no](http://www.ktt.no) Travel time: 1,5-2 hours.

If you want a taxi to pick you up at the airport and drive you to the hotel please book this service through KTT.

Contact KTT by mail: [ktt@ktt.no](mailto:ktt@ktt.no) or telephone (+47) 32286490

**From Sandefjord Airport, Torp ( [www.torp.no](http://www.torp.no)) to Kongsberg**

[www.ktt.no](http://www.ktt.no) Travel time: 1 hour 30 minutes.

Contact KTT by mail: [ktt@ktt.no](mailto:ktt@ktt.no) or telephone (+47) 32286490



**BY NORDIC CHOICE**