



Welcome to UNCFM Course 2023

The UN Ceasefire Mediation Course will be conducted at the Norwegian Defence University College/ NODEFIC at Akershus Fortress in the centre of Oslo. NODEFIC is located 60km away from Oslo International Airport.

The course start Sunday 5 March 18:30 with an Ice-breaker and ends Sunday 12 March 2023 no later than 16:00.

Administration

Fill in and return the attached Joining Report, attach a copy of your passport together with the joining report. If you have any questions regarding the course, please do not hesitate to contact the Course Director by email kpedersen@mil.no.

Visa

If you need a visa to travel to Norway, we strongly encourage you to apply for it as soon as possible. NODEFIC will send you an invitation letter to be used for the visa application process. You cannot start the visa process before you have received your travel itinerary and a valid travel insurance (see Joining Report)

- 1) For help with VISA to NORWAY and Schengen; <https://www.udi.no/en>
(Go to: "Want to apply" - "The applicant is a citizen of....." - "Visit or holiday" - "Visitor's visa to Norway" - "On business" or "Attend a cultural event or visit an organization").

Pre-studie

This course has a mandatory pre-study package, you can access the pre-study on this link [Pre-study package - UN Ceasefire Mediation - Norwegian Armed Forces \(forsvaret.no\)](#). It is important that you study these documents prior to the course. This will help you in your syndicate work and enable you to spend more time on discussions.

Accommodation and meals

Accommodation will be provided at Thon Hotel Cecil. Breakfast and dinner will be served at the hotel. Lunch will be served at NODEFIC. The first meal to be served is breakfast 5 March, and the last meal provided will be breakfast on 13 March.

Hotel address: Thon Hotel Cecil, Stortingsgata 8 (Entrance from Rosenkrantzgate 13), Oslo 0161 Norway, Telephone +47 23 31 48 00
[Thon Hotel Cecil | Thon Hotels](#)

Booking: NODEFIC will book a hotel room for each participant at Thon Hotel Cecil.

Check-in: From 15:00

Check-out: Not later than 12:00 (noon).

Contact information NODEFIC:

Kjell Pedersen, Course Director:

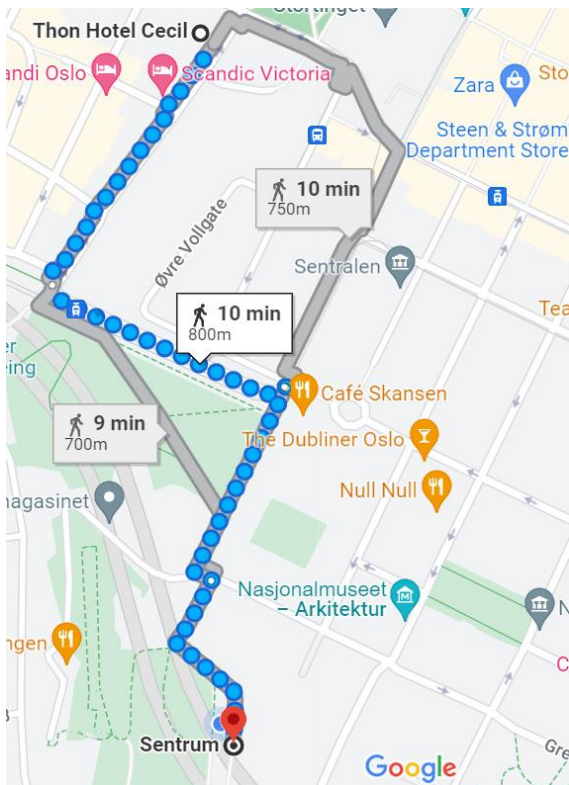
Mobile: +4799092041

E-mail: kpedersen@mil.no

Key information

- First meal served will be breakfast 5 March
- Last meal included will be breakfast 13 March
- The hotel only accepts debit or credit cards.
 - **NO** cash payments in foreign currency are accepted at the hotel.
- Icebreaker is 5 March 18:30 in the Thon Hotel Cecil Lounge
- Course dinner is 11 March 18:30 in the Thon Hotel Cecil Restaurant
- Business attire/uniform will be required for:
 - Course photo (Monday 6 March)
 - Course dinner (Saturday 11 March)
- Course attire otherwise is business casual

Meet up in the lobby at 08:30 Monday 6 March to walk over to the venue together.



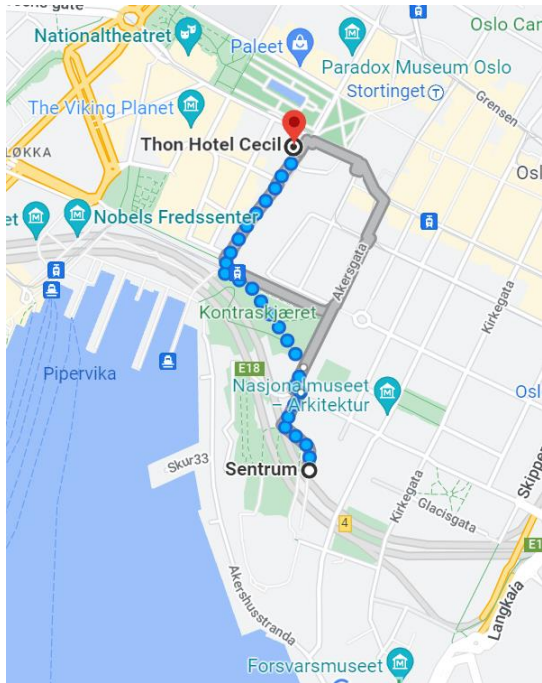
NODEFIC is located in building 10 at Akershus Fortress.



How to get to the National Defence University College (NDUC) and NODEFIC from the hotel

The NDUC and NODEFIC is located at the Akershus Fortress 10-15 minute walk from the hotel. The course will be held in building 10.

All participants will be staying at the same hotel and will meet in the lobby of the hotel on the morning of the first day, 6 March, before proceeding to the training site.

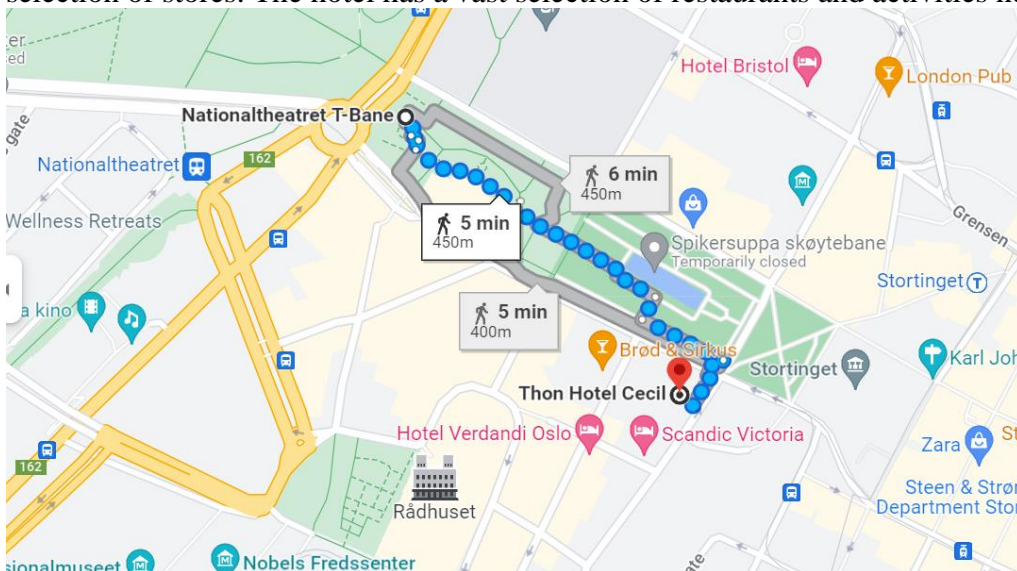


Arrival at Oslo Airport Gardermoen – Transportation to Cecil Hotel

When you arrive at the airport, take a train towards “OSLO / DRAMMEN”. Exit the train at **Nationaltheatret** station, which is the next stop after **Oslo Central Station**.

At Nationaltheatret station, exit towards Stortingsgata. In other words, when exiting the train, walk in the opposite direction of the train’s direction. Follow Stortingsgata for 300 meters until you come to Rosenkrantz Street where you will find Thon Hotel Cecil on your right-hand side.

A few steps away from the hotel, you can find Karl Johans Street, Oslo's main street with a broad selection of stores. The hotel has a vast selection of restaurants and activities nearby.



Clothing and equipment

Dress code for the first day is business casual, with jacket and tie for men and equivalent for women. For the remaining days of the course the dress code is casual. For the course dinner, business attire is appropriate.

For recreational activities, clothing adequate for Norwegian weather conditions is recommended.

Average temperatures in Oslo (Celsius)

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
-3	-4	0	8	15	18	20	19	14	7	0	-3

Wireless internet access

Wireless internet access is available at the hotel, and at NODEFIC, free of charge for our students.

Medical service

The emergency number throughout Norway is 113.

If you need medical assistance during the course, please contact the Course Director. All participants are expected to have relevant medical insurance.

Laundry

Laundry can be given to the hotel reception and paid by own expense.

Leisure

The hotel has a small fitness room and can inform participants about leisure possibilities in the neighbourhood.

Banks

There are no banking facilities at the hotel, but all major credit cards are accepted. Cash dispensers (ATM) are located at the airport and in commercial areas throughout Oslo. However, Norway is very much a cashless society.

About Norway

[About Norway | Key facts and figures \(visitnorway.com\)](http://visitnorway.com)