

# PAME

Protection of the Arctic Marine Environment  
Working Group of the Arctic Council

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## PAME I-2020 Working Group Meeting Norwegian Environment Agency, Oslo, Norway 3-7 February 2020 Logistics and Practical Information

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### Meeting information

The next PAME Working Group Meeting (PAME I-2020) and a number of associated meetings will be held during the week of 3-7 February 2020 at the conference center at the office of the Norwegian Environment Agency in Oslo ([here](#)). Below are details on the meeting schedule during this week:

#### **Monday 3 Feb: 2 workshops where participation is by invitation only**

- **09:00- 17:00** Marine Litter expert group workshop (details to be confirmed)
- **09:00-17:00** Marine Tourism Workshop in support of the marine tourism project (details to be confirmed)

#### **Tuesday 4 Feb: Pre-meetings on PAMEs thematic topics**

- **09:00- 17:00** The Shipping Expert Group
- **09:00- 15:00** back-to-back meetings (2 hours each) for the Resource Exploration and Development Expert Group (REDEG ), Ecosystem Approach Expert Group and the MPA Expert Group
- **15:00-17:00** PAME HoDs-only meeting to discuss housekeeping issues.

#### **Wednesday 5 Feb-Friday 7 feb: PAME I-2020 Plenary Working Group Meeting**

Leads on respective activities are requested to prepare for this meeting in accordance with the PAME Work Plan 2019-2021 and Records of Decisions from the PAME II-2019 meeting. PAME delegations are invited to include shipping, EA, MPA, Resource Exploration and Development, Marine Litter and other experts in their delegations to the PAME I-2020 meeting.



Norwegian Environment Agency in Oslo. (Foto: Marianne GjØrv)

## BEFORE YOU LEAVE

### Clothing:

February is a winter month with the average minimum temperature is about -7 °C (19°F), and the average maximum temperature is -2 °C (30°F). The city receives 3 hours of sunshine per day and an average rainfall of 35mm. Ensure to bring warm clothes. For the latest update on the weather, go to <http://www.yr.no/place/Norway/Oslo/Oslo/Oslo/long.html>

### Currency

You cannot use Euro in Norway. The Norwegian currency is Norwegian Kroner (NOK).

1 NOK is about 10 Euro. Credit/debit cards are commonly used.

For more information about Norwegian currency / Exchange in Oslo, please see this site:

<http://www.visitoslo.com/en/oslo/practical-information/currency/>

### Visa and entry

All persons requiring visas, not holding a valid Schengen visa in their travel document, must apply for a visa at the applicable embassy/consulate before travelling to the Schengen area.

Those of you needing a visa please send an email to the PAME Secretariat with a copy to Fredrik Juell Theisen ([Fredrik-Juell.Theisen@kld.dep.no](mailto:Fredrik-Juell.Theisen@kld.dep.no)) and Anne Berteig ([Anne.Berteig@kld.dep.no](mailto:Anne.Berteig@kld.dep.no))

### Accommodation

All delegates are responsible for reserving their own accommodation in a timely manner. For your convenience a block booking has been made at the Scandic Helsfyr hotel from 2 to 8 February 2020. This hotel is within a 5 min walking distance from the meeting facilities. The rate is 1090 NOK per night for single room including breakfast and you can book your room online here:

<https://www.scandichotels.com/hotels/norway/oslo/scandic-helsfyr> using the following booking code: BKLI020220. **This block booking expires on 5 January 2020.**



Information on other hotels can be found [here](#)

**Participants are urged to book their hotels the soonest as there are a number of large events taking place in Oslo at this time!**

## ARRIVAL

### Getting from Oslo Airport (OSL) to the City Center

There are two options getting from Oslo Airport to Oslo City Center by train.

You find  (public railway transport) and the  [Airport Express](#) train station inside the airport terminal (to your far right when exiting the luggage area).

If you need a recipe the easiest way is to buy the ticket from the vending machines, there is also ticket counters



leaves from platform 4 and takes about 23 minutes. All trains leaving from platform 4 stops at Oslo Central Station (Oslo S). NOK 105, -.

Buy your ticket before you board the train. It will cost NOK 40, - extra if you choose to buy your ticket on board the train

**Airport Express** leaves from platform 3 and takes about 22 minutes. NOK 196, -.

If you *do not* need a receipt, the simplest option is to swipe your card in the card reader at the station before boarding and select your destination. There is no need to swipe your card again on arrival.

Both VY and the express train has free Wi-Fi no password is required.

Please note that it takes twice the time and is very expensive to travel from OSL (airport) to downtown Oslo by taxi.

### **Meals**

Lunch will be served at the Norwegian Environment Agency.

If you have any allergy or other special needs regarding food do let us know.

### **Transport within the city**

You can easily reach the meeting venue (Miljødirektoratet) by metro from Oslo S/Jernbanetorget. Metro lines 1 (Bergkrystallen), 2 (Ellingsrudåsen), 3 (Mortensrud), and 4 (Bergkrystallen).

You will find all information about Oslo public transport including a trip planner and timetables here:

**Ruter#**

You can buy **tickets and obtain a travelcard** at the following sales outlets:

•The kiosks Narvesen  , 7-Eleven  , Deli De Luca  and Mix  , as well as some selected shops.

**Ruter#** Customer Service Centre and Service Points and



staffed train stations.

Tickets for the metro are valid for one hour and are valid on buses, trams, trains and boats within the city borders. You need a ticket for Zone 1 to go to the venue. You must validate the ticket by scanning it at a validator like this:



Exit the metro at **Helsfyr station** to reach the meeting venue. When exiting the train, turn right towards exit “Fyrstikktorget” and make passage through the underground station. When you reach street level, you will see the Norwegian Environment Agency about 100 metres straight ahead. (Walk along the street where you see Norð Bakeri, Dominos Pizza and a flower shop on your left hand side then cross the road at the traffic lights.) The address is Grensesvingen 7.

When returning to the city center, you exit at the metro station “Jernbanetorget (Oslo S)”.

## **Telephones**

The code for calling Norway from abroad is +47. To call abroad from Norway just dial 00, followed by the country code and the phone number.

## **Medical centre / Pharmacy**

### **Oslo Emergency Ward**

Storgata 40, Oslo

Tel. (+47) 116117

The Emergency Ward is open 24 hours a day

### **Pharmacies**

Pharmacies (in Norwegian: Apotek) can be found all over Oslo. Jernbanetorvets Apotek across the street from Oslo Central Station as well as the Apotek 1 at the emergency ward, are both open 24 hours a day.

### **Emergency phone numbers**

Fire department: 110

Police: 112

Ambulance: 113

Note: These numbers are reserved for emergencies.

## **General Information**

**Language:** Norwegian is the official language in Norway, but English is widely spoken in the service sectors.

**Time:** Norway is 1 hours ahead of Greenwich Mean **Time ( GMT+1 )**.

**Sightseeing:** If you will have a little bit of time to enjoy our city, we recommend

<http://www.visitoslo.com/en/> where you can plan and do research for your sightseeing. We are also happy to provide our knowledge about the city and our favorite spots, either via e-mail before you arrive or on the spot.

**We are looking forward to seeing you in Oslo!**