

ESHEP2016: Some practical information and advice

Welcome to the School!

This handout gives some practical information about the arrangements during your stay at the School. More information will be given in announcements that will be made at the start or end of lectures.

Dinner this evening (15 June) will be served from 19h00 until after the arrival of the second bus from the airport.

Breakfast tomorrow (16 June) will be served from 07h30, and you must be in the auditorium by 9h00 for the start of the School programme (welcome announcements and first lecture).

Internet access

The hotel has free wireless Internet — select the network “Telenor_Auto_Login” with username “Thon” and password “guest”.

Please show restraint using the Internet. There are many of us, and the bandwidth is limited.

In case of problems, please ask and we will try to find a solution (within the limits of what is possible).

Please remember that it is strictly forbidden to use computers, mobile phones and other electronic devices during the lectures and discussion sessions.

Drinks

The tap water at the hotel is safe to drink.

The main bar is open in the evening until 23h00. All drinks must be paid for, when ordering, in cash or with a credit card.

There is a television in the bar that will show the Euro football matches!

Leisure and sports facilities, and other services

- The hotel has a spa area with jacuzzi, steam room, sauna, etc. It is open from 10h00 to 23h00 and is free of charge. Any other spa treatments must be paid for. You can rent a towel for use in the spa – it will cost 20 NOK.
- The hotel has a small gym that is open from 7h00 to 21h00 every day.
- There is a heated indoor swimming pool about 5 minutes walk away (you can get a map from reception); the pool is open from 8h00 to 18h00.
- There are outside tennis courts – you can rent rackets/balls for 75 NOK in the same building as the swimming pool.
- There are mountain bikes available free of charge (please say that you are with the CERN School) – they can also be obtained in the same building as the swimming pool.

There is also a golf course that can be used at a reduced rate for the School participants – please ask at reception.

Please note that the hotel is completely non-smoking, apart from outside on the terraces. And please do not bring in alcohol bought outside to drink in the hotel public areas.

Please ask at reception for any laundry possibilities.

We remind you that you will need to pay in cash or by credit card for any services that you use that are not included in the School fees. You must not charge anything to your room!

You can get maps of walks and areas for biking from reception.

Mealtimes

The buffet breakfast will be served from 07h30 until just before 9h00 in the hotel restaurant.

- Please note that you must be in the auditorium by 09h00 sharp for the start of the morning lectures and we will insist that you leave the restaurant even if you have not eaten your breakfast!

The buffet lunch will be served in the restaurant from 12h30.

The buffet dinner will be served in the restaurant from 19h00.

There is an area of the restaurant reserved for School participants.

Phones

Using mobile phones on international roaming can be **extremely** expensive, both for making and for receiving voice calls, and also for data access.

You may get people to phone you in your hotel rooms (free of charge to you).

- They will need to go via the hotel reception, so it is best to give your room number to people who may want to reach you.

Within the limits of the Internet bandwidth, you can use Skype, etc.

- Please use voice calls rather than video calls, otherwise the Internet will become too slow for everybody!