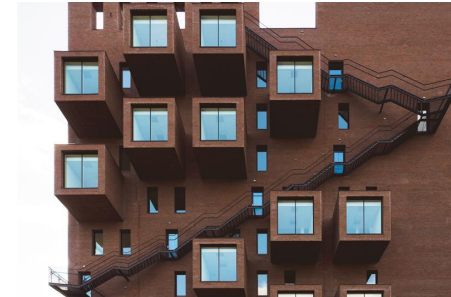




IPG Conference
Oslo, Norway
15th – 18th of MAY 2019



Barcode



Did you know that Norway...

...consists not only of mainland Norway, but also the arctic islands Svalbard (home of the Ice bears) and Jan Mayen

...is a Kingdom, with Royal ties to Denmark and Great Britain

...has distinct seasons and weather conditions that vary accordingly, from cold winters to warm summers

...as a result of these variations in weather conditions, has a population that is known for talking about the weather and using the state owned weather app Yr constantly

...is the home of Ibsen, Munch, Grieg, Nansen, Thor Heyrdal, A-Ha and Magnus Carlsen and Ole Gunnar Solskjaer (to mention a few)

...is known for it's coastline, which is calm and picturesque in the south east and wild and steep in the west and north

...is even more known for the fjords. Some of the longest world wide, with Sognefjordens 204km and Hardangerfjordens 180km

...is home to 8 UNESCO World Heritage Cultural Sites

...is home to northern lights and the midnight sun. During summer the sun never sets above the polar circle, and it never rises during winter

Did you know that Oslo...

...is the capital and largest city of Norway

...does not have ice bears walking the streets

...was previously named Christiania, and was surpassed by Bergen in size, population and importance until the 1800s

...is top 5 of the most expensive cities in the world, after Singapore, Paris, Zurich and Hong Kong

...is the European Green Capital in 2019

...is situated at the end of the long Oslo Fjord, and is surrounded by hills. Hence the nickname "the pot"

...consists of an archipelago frequently used by its inhabitants during the summer months, with ferries taking sun bathers to the small islands

...offers skiing in the winter, both cross country and down hill, only a tram ride away from the city centre

...has a rather flat architecture, with only one proper high rise building, The Oslo Plaza with its modest 117 meters and 37 floors

...is the home of Maaemo, a 3 Michelin Star restaurant specializing in Nordic gastronomy

...houses Edvard Munchs' "The Scream"



What to do in Oslo

- Take a stroll along the harbor area Aker Brygge, all the way out to the tip of Tjuvholmen. If you can bare the cold spring temperature of the sea, take a swim.
- Hop on the Metro line 1 to Holmenkollen to look at the Holmenkollen Ski Jump. You can walk all the way to the top.
- Hop on tram number 12 to Vigelandsparken and take a tour of the park with Gustav Vigeland's famous sculptures.
- Walk right up to The Royal Palace to look at the changing of the guards, which take place every day at 13.30 pm.
- Visit the City Hall and admire the artwork in the main hall.
- Visit LingLings rooftop bar on Aker Brygge, and enjoy a cocktail with a spectacular view.
- Enjoy a stroll on the roof of the Opera House.
- Take a bus or ferry to Bygdøy and visit 'Norsk Folkemuseum'. An open air museum showing how Norwegians have lived from the 1500s until present.
- When at Bygdøy, also visit the Viking Museum.
- Visit the National Museum to view Edvard Munch's famous 'Scream'.
- Walk the grounds of Akershus Fortress and visit the Armed Forces Museum located there, showing the Norwegian resistance during The Second World War.
- Go down to the harbor and look for a fishing boat carrying fresh prawns. Buy some, and sit on the docks while peeling and eating them.



May 17th, Norwegian Constitution Day

May 17th, Norwegian Constitution Day

Brazilians have their carnival, the Irish Saint Patrick's Day. Norwegians have May 17th..

The history: The Norwegian constitution was written in 1814, and signed on May 17th. This marked the end of a 400 year long union with Denmark, and Norway as an independent country. The Danish Prince Christian Fredrik was invited to be king of Norway. This, however, lasted only until November 1814, when Norway after a short war was forced to accept a union with Sweden. The Swedish King Carl Johan was also king of Norway until 1905, when the Swedish union was dissolved. In 1905 the Norwegian people elected and invited the Danish Prince Carl to be king of an independent Norway. He accepted the throne as His Majesty King Haakon VII of Norway. He is the only regent elected to a throne. The constitution written and signed in 1814 is the second oldest constitution still in use world wide, after the American Constitution from 1787.

May 17th today: Annually on May 17th, Norwegians commemorate the signing of the constitution and an independent Norway. Constitution Day is a public holiday,

and the entire country take to streets for celebrations. Whilst many countries celebrate their national day with a military parade, the Norwegian Constitution Day is rather a celebration for and by everyone, especially the children.

Children's parades take place in every city across the country. Led by school marching bands they parade through their communities. The largest of the traditional parades attract tens of thousands of people waving the Norwegian flag shouting "hurrah!".

In Oslo, the parade lasts for 3 hours and is greeted by the Royal Family as it moves past the Royal Palace. The streets are closed for traffic and filled to the brim by cheerful people in their best suits and national costumes – bunad. The scale and essence of May 17th can only be fully appreciated through experience.



Delegates Program

Tuesday, May 14th (Optional)

During the day Arrival Grand Hotel

Free time to explore Oslo

19.30 Delegates and Spouses meet prior to dinner in the hotel lobby

19.40 Walking transfer from Grand Hotel to the restaurant

19.50 Dinner at Brasserie Hansken
3 course dinner
Dress code: Casual

22.30 Free time for Delegates and Spouses

Wednesday, May 15th

07.00 – 10.00 Breakfast at Grand Café, Grand Hotel

08.00 Departure Golf players

09.00 Departure Tennis players

During the day Arrival Grand Hotel

15.00 – 18.00 Conference registration in Grand Hotel lobby

19.15 Delegates and Spouses meet in hotel lobby prior to dinner

19.30 Walking transfer along the harbor to restaurant

19.45 Dinner at Tjuvholmen Sjømagasin
3 course dinner
Dress code: Smart casual

22.00 Free time for Delegates and Spouses

Thursday, May 16th

07.00 – 10.00 Breakfast at Grand Café, Grand Hotel

08.45 Delegates to meet in hotel lobby for walking transfer to conference location

09.00 Full day meeting at Scandic Edderkoppen

17.00 Free time for Delegates and Spouses

19.15 Delegates and Spouses meet in hotel lobby prior to dinner

19.30 Transfer to restaurant by private Oslo tram

20.00 Dinner at Ekebergrestauranten
3 course dinner
Dress code: Formal (Business suit and cocktail dress)

00.00 Return transfer to Grand Hotel

Friday, May 17th – Norwegian Constitution Day

07.00 – 10.00	Breakfast at Grand Café, Grand Hotel	20.00	Dinner at restaurant Festningen 3 course dinner Dress code: Formal (Business suit and cocktail dress)
09.15	Delegates to meet in hotel lobby for walking transfer to conference location	22.30	Walking transfer back to Grand Hotel
09.30	Half day meeting at Scandic Ed-derkoppen	Dress code throughout May 17th is generally formal, as it is the National Holiday	
12.00	Lunch for Delegates and Spouses in the Grand Café Wine Cellar		
13.00 – 17.00	Guided tour for Delegates and Spouses in the midst of celebrations and the Akershus Fortress	Saturday, May 18th	
17.00	Free time for Delegates and Spouses	07.00 – 10.00	Breakfast at Grand Café, Grand Hotel
19.30	Delegates and Spouses meet in hotel lobby prior to dinner	All day	Departure to Oslo Airport Gardermoen
19.40	Walking transfer to restaurant		



Spouses Program

Tuesday, May 14th (Optional)

During the day Arrival Grand Hotel

Free time to explore Oslo

- 19.30** Delegates and Spouses meet prior to dinner in the hotel lobby
- 19.40** Walking transfer from Grand Hotel to the restaurant
- 19.50** Dinner at Brasserie Hansken
3 course dinner
Dress code: Casual
- 22.30** Free time for Delegates and Spouses

Wednesday, May 15th

- 07.00 – 10.00** Breakfast at Grand Café, Grand Hotel
- During the day** Arrival Grand Hotel
Free time to explore Oslo
- 19.15** Delegates and Spouses meet in hotel lobby prior to dinner
- 19.30** Walking transfer along the harbor to restaurant
- 19.45** Dinner at Tjuvholmen Sjømagasin
3 course dinner
Dress code: Smart casual
- 22.00** Free time for Delegates and Spouses

Thursday, May 16th

- 07.00 – 10.00** Breakfast at Grand Café, Grand Hotel
- 09.30** Full day spouses programme – Sightseeing on the Oslo fjord and the archipelago by boat
- 12.30** Spouses sea side lunch at restaurant Lille Herber'n situated on one of the islands, off the city centre and the peninsula Bygdøy
Dress code: Casual
- 14.00** Return transfer to the harbor area by boat, guided tour at the internationally renowned Astrup Fearnley Museum (contemporary art)
- 15.00** Free time for shopping, exploring or spa at the hotel
- 19.15** Delegates and Spouses meet in hotel lobby prior to dinner
- 19.30** Transfer to restaurant by private Oslo tram
- 20.00** Dinner at Ekebergrestauranten
3 course dinner
Dress code: Formal (Business suit and cocktail dress)
- 00.00** Return transfer to Grand Hotel

Friday, May 17th – Norwegian Constitution Day

- 07.00 – 10.00 Breakfast at Grand Café, Grand Hotel
- 09.00 Morning spouses programme – Watching the celebrations and the childrens parade moving towards The Royal Palace, starting off with His Majesty The Kings Guards Band and Drill Team famous performance near the hotel
- 12.00 Lunch for Delegates and Spouses in the Grand Café Wine Cellar
- 13.00 – 17.00 Guided tour for Delegates and Spouses in the midst of celebrations and the Akershus Fortress
- 17.00 Free time for Delegates and Spouses
- 19.30 Delegates and Spouses meet in hotel lobby prior to dinner
- 19.40 Walking transfer to restaurant
- 20.00 Dinner at restaurant Festningen
3 course dinner
- 20.00 Dress code: Formal (Business suit and cocktail dress)
- 22.30 Walking transfer back to Grand Hotel

Dress code throughout May 17th is generally formal, as it is the National Holiday



Accommodation

Grand Hotel Oslo

Address: Karl Johans gate 31, 0159 Oslo

Location: Grand Hotel is majestically located in the heart of Oslo on the boulevard leading to the The Royal Palace, and overlooking The Parliament.

The Royal Palace, the Oslo harbour, Akershus Fortress, The Parliament, The Norwegian Opera and museums are all in walking distance of the hotel. Exclusive department stores and high street fashion brands such as Gucci, Louis Vuitton and Hermès are also a stone throw away.

The Historic hotel is ideally situated near the train station Nationaltheatret, with tram, bus and underground connections. Oslo Airport Gardermoen can be reached in 20 minutes by the Airport Express Train.

Additionally, the hotel is ideally located for a taste of the Norwegian Constitution Day celebrations.

About the hotel: The Grand Hotel is a renowned and prestigious hotel. The luxury hotel first opened its doors

in 1874 and for over 140 years it has been host to Norwegians, international guests, world leaders, celebrities and the Nobel Peace Prize laureates. Henrik Ibsen, the world-renowned Norwegian author made the luxury hotel one of his favorite daily haunts. The legendary hotel restaurant Grand Café was home to Ibsen and other members of the cultural elite, as well as the bohemians. When undertaking a renovation recently, the hotel transformed it's legendary bohemian history into Nordic luxury.

Hotel facilities: The Grand Hotel has 283 rooms, including 54 Suites, newly renovated rooftop bar with magnificent views, newly renovated Palmen Restaurant, new Othilia lobby bar, 16 meeting rooms, Artesia Spa Grand Hotel with swimming pool, steam room and sauna, fitness room and the Grand Café.



Dinner at Brasserie Hansken

Dinner at Brasserie Hansken, Tuesday May 14th

A legendary and charming Oslo restaurant with excellent food and service. Brasserie Hansken offers Norwegian food with a continental touch, and a warm and buzzing atmosphere.

The restaurant is located in the Kvadraturen district, on Christiania square. The square was the centre of Oslo in the 1600s, when it was called Christiania after the Danish-Norwegian king Christian IV. It is said that the King stood on the square after a devastating fire in 1624, pointing to the ground with his gloved hand saying "The city shall lie here".

The word Hansken means glove, referring to the statue outside the restaurant of a gloved hand pointing towards the ground.

Today, Brasserie Hansken is a favourite amongst locals both daytime and evenings, during the week and on weekends. It is also a popular meeting spot for business people throughout the year.



Dinner at Tjuvholmen Sjømagasin

Dinner at Tjuvholmen Sjømagasin, Wednesday May 15th

Included in the Delegates and Spouses program

The district of Tjuvholmen has only existed since 2012 and is a great addition to the capital. The name Tjuvholmen translates to thieves' islet. It is located on an islet connected to the city by bridges, and it was once where thieves were sent to repent. Hence the name.

Today, Tjuvholmen is a thriving district with office buildings, exclusive apartments, restaurants, galleries and the Astrup Fearnley Museum.

Tjuvholmen Sjømagasin is situated by the canal surrounding Tjuvholmen, with a spectacular glass front overlooking the canal, the Oslo fjord and The Astrup Fearnley Museum. The restaurant specializes in seafood, and is known for being top of its class, serving exquisite dishes from the open kitchen.



Spouses fjord cruise

Fjord cruise in the Oslo archipelago, and the Astrup Fearnley Museum

Included in the Spouses Program

The archipelago of the Oslo fjord and its' closeness to the city is unique for European capitals. The fact that the islets have summer houses and are frequently used by Oslo inhabitants in general makes the archipelago an extended part of the city. Also, a public transport system provides ferries to the islets and closest peninsulas, making time efficient commuting possible for those living along the fjord.

Spouses will have a guided tour of the archipelago in a private ferry, Bygdøybåten, one of four ferries that have been in traffic between the Oslo Harbour and the peninsula Bygdøy since the 1950s. The tour will end on an islet that holds a rustic yet incredibly charming restaurant overlooking the Oslo

Fjord, Lille Herber'n, where lunch will be served.

Following lunch, Spouses will be transported back to the harbor and the Astrup Fearnley Museum for a guided tour. The museum is privately owned, and holds the largest collection of contemporary art in Northern Europe. The Astrup Fearnley Museum is internationally renowned, and collaborates frequently with other leading institutions such as MOMA in New York. The museum building is drawn by world famous architect Renzo Piano, and the building itself is a masterpiece, housing significant pieces by Matthew Barney, Jeff Koons, Cindy Sherman and Damien Hirst to mention a few.

Dinner at Ekebergrestauranten

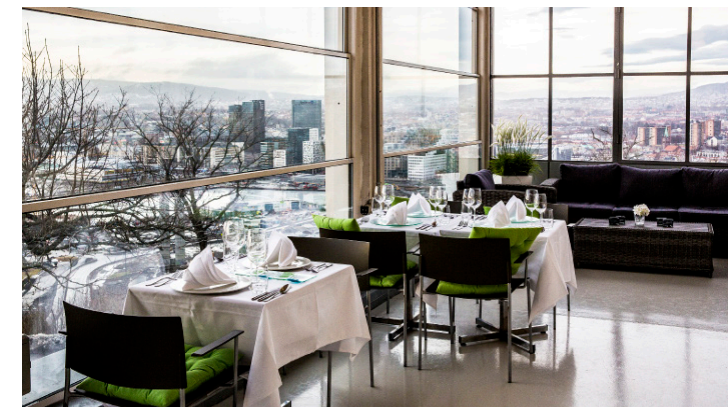
Dinner at Ekebergrestauranten, Thursday May 16th

Included in the Delegates and Spouses program

Situated on a hillside just outside the city centre, Ekebergrestauranten may have the most spectacular view of Oslo. The building itself was built in 1929, and is Norway's finest example of functionalism.

The restaurant is close to an institution, and is highly popular amongst the locals. The kitchen combines the modern with the classical, and the menu changes with the seasons to offer first class dishes based on short travelled and excellent ingredients.

Delegates and Spouses will travel like locals to the restaurant, in a privately hired Oslo tram.



Lunch at Grand Café Wine Cellar

Lunch at the Grand Café Wine Cellar, Friday May 17th
Included in the Delegates and Spouses program

Not only does the Grand Hotel have a legendary restaurant, its wine cellar is also quite spectacular. With its 16000 bottles and 1500 different wines, it is one of the largest and most diverse in Oslo.

The wine cellar also functions as a chambre séparé for groups and private hire, and the food is prepared by the Grand Café kitchen.

Lunch on Friday the 17th will be served amongst this grand collection of wine.



Tour of Akershus Fortress

Guided tour of the Akershus Fortress, Friday May 17th
Included in the Delegates and Spouses program

Akershus Fortress is one of the finest and oldest cultural environments in Norway, with a rich collection of valuable buildings and facilities built over a period of almost 700 years.

Akershus Fortress is an important part of Oslo's identity, as it formed the early settlements and subsequent expansion of the city from 1624 up to this day. It is a landmark, and a national symbol due to its essential role in the development of Oslo and the dramatic historical events that have taken place there.

Akershus Fortress consists of the fortress from the Middle Ages and the Renaissance castle, as well as a number of other buildings. The fortress had important symbolic value during The Second World War and the German occupation, and the Norwegian Armed Forces Museum is located here, telling the story of the Norwegian resistance.

The fortress has served as a royal seat and center of state power. Even today, several buildings are in use by the armed forces, and it is the Government's principal venue for official functions and state occasions. It also houses the Royal Mausoleum.



Dinner at Festningen

Friday 17th, Dinner at Festningen

Included in the Delegates and Spouses program

Festningen is a gourmet brasserie, and offers the best location in Oslo. Originally a prison at Akershus Fortress, the restaurant opened in 2013, with a panoramic view of Oslo, the Oslo Fjord and the Oslo harbor area.

The kitchen offers exquisite food made mostly from local and Norwegian ingredients. A continental menu with a distinct contemporary and Norwegian twist.



Useful information

Time Zone: Norway is GMT +1 (CET)
Norway is GMT +2 (CET) during Daylight Saving Time March to October

Population: 5 258 000

Official languages: Norwegian and Sami

Currency: Norwegian kroner (NOK)

ATMs: There are not many ATMs to be found on the street in Oslo. Look for the sign "MINIBANK" in 7-eleven, Narvesen and at the airport

Climate: Norway has varying climate based on season. It is also a long country with high mountains and low valleys, hence conditions can vary within the country during one and the same season. In mid to late May the conditions in Oslo are generally dry and mild. However, it can also be wet and fairly cold and so updates on weather will be given closer to the conference. To follow the weather go to www.yr.no.

Health: No special health risks

Tap water: Tap water is fresh and natural, and is most commonly used everywhere, including restaurants. It is safe to drink

International code: +47

Electricity: Electrical appliances use continental style two-pin plugs. Electrical stores do not sell power converters. If in need, look for one in the airport

Safety: General Emergency Number: 113

Business Hour: Banks are open from 09.00 am to 15.30 pm. Closed on Saturdays and Sundays. Business hours are 08.00 am to 16.00 pm during the week. Stores in Oslo generally open at 10.00 am and closes 18.00 pm. Departement stores stay open until 20.00 pm.

Public transport

Oslo has an excellent public transport system, with underground, tram, bus and boat. For tickets, go to 7-Eleven or Narvesen or, download the Ruter app which makes it very easy to buy tickets. A single ticket lasts for 1 hour, and all means of transportation can be used on the same ticket within that hour.

The Oslo transport system covers the entire city center, as well as wide radius into the outskirts of the city. The app 'Ruter reise' provides quick and easy guide on how to get from one destination to another, including maps.

NSB is the national railway provider and system. NSB trains require separate tickets that can be purchased on machines at the station. Payment by credit card.

The airport express train 'Flytoget' is the most convenient and time efficient way to travel to and from the airport. Tickets can be purchased through the official app 'Flytoget', on machines at the station, or simply by swiping a credit card when boarding.



Where to have lunch

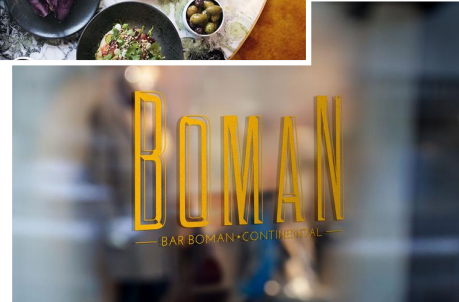
Theatercafeen

One of Oslos most popular lunch restaurants for more than a hundred years. An institution in art nouveau style, with high ceilings, decades of history in the walls and buzzing atmosphere. The menu consists of classic pieces such as steak tartar, club sandwich and moules frites. There is also a famous sandwich bar offering their famous prawn sandwich and smoked salmon sandwich.



Bar Boman

Theatercafeens newly renovated neighbor Bar Boman offers a luxurious but relaxed atmosphere. The menu consists of classic pieces such as Eggs Benedict, The Boman Cheeseburger and the mushroom omlette.



Where to have dinner

Solsiden

Solsiden, 'the sunny side', is located in an old industrial building on the portside below Akershus Fortress. It is famous for the evening sun and view of the Oslo harbor, not to mention their seafood. Their Plateau des Fruit de Mer consisting of local ingredients only, is highly popular.



LingLing by Hakkasan

Located across the bay on Aker Brygge, LingLing is one of the latest additions to the trendy dining scene in Oslo. This is the place to go for magnificent cocktail and high end dim sum, dumplings and crispy duck.



Where to party

In Oslo, many restaurants have a trendy bar, and when turning up the volume towards the later part of an evening, the atmosphere shifts towards a lively vibe. For bars, see below.

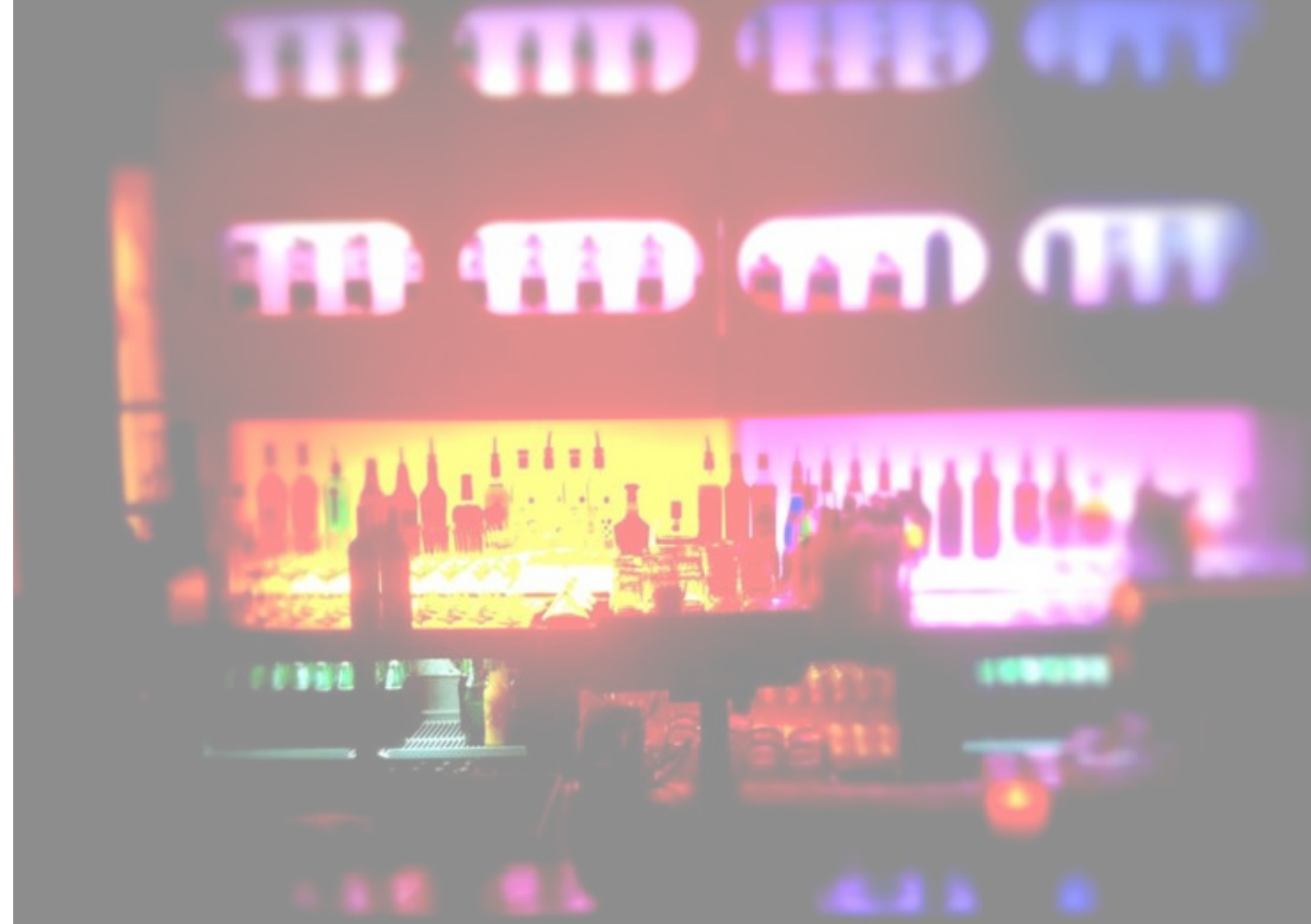
Himkok

The first Norwegian bar to make the list of the world's top 50 bars. As the bar has its own distillery, the bartenders uniforms are white lab coats. The bar is unpretentious with a fairly young clientele.



Lavvo Terrace

Located outside the National Theatre a stone throw away from Grand Hotel, Lavvo Terrace is a relaxed outdoor bar. The bar offers a prime location, friendly staff and a lively crowd.





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