

Erasmus+ Training and Cooperation Activities - TCA
Contact Seminar – Erasmus+ From KA120 to KA2: a contact seminar to
broaden your horizons (Adult Education)



Bergen, Norway

21. October to 24. October 2025

Coordinating National Agency: The Norwegian Directorate for Higher Education and Skills
(HKdir) N001

PRACTICAL INFORMATION

MEETING VENUE and ACCOMMODATION

The contact seminar will be held at the [Zander K hotel](#) in Bergen.

Location: Bergen

Hotel/Venue: Zander K Hotel

Address: Zander Kaaes gate 8, 5015 Bergen

THE HOTEL

Accommodation is at the same hotel, Zander K hotel. Single rooms have been booked for you for 3 nights from Tuesday 21. October to Friday 24. October 2025. The participants will be the guests of the organiser for the duration of the contact seminar. That includes accommodation and all meals (*a few drinks are included*). Any other expenses are to be covered by the participant.

Getting to Bergen city from the airport, Flesland PUBLIC TRANSPORT

We recommend taking the light rail from the airport, a journey of approximately 45 minutes, to the stop *Nonneseter*. You may also take the airport bus (Flybussen) to the stop *Bergen busstasjon*.

- The Zander K Hotel is a 3 min walk from both Nonneseter light rail stop and the Airport bus stop, Bergen Busstasjon.
- You must buy your tickets before boarding either at the platform or through the [Skyss app](#).
- Make sure to check the timetables in advance – see [Skyss reiseplanlegger](#).

PROGRAM

Program start: Tuesday 21. October 6 pm.

End of program: Friday 24. October, after lunch at 12:30

See attachment for detailed program.

ABOUT BERGEN

Bergen is a charming coastal city in western Norway, known for its scenic fjords, surrounding mountains, and historic wooden buildings. As Norway's second-largest city and a key business hub in the region, Bergen offers a professional yet relaxed atmosphere. The compact city center makes it easy to explore after the program for the day is over.

Cultural experiences

There are some interesting museums in Bergen if you have the time:

- **Hanseatic Museum & Schøtstuene:** Just steps away in the UNESCO-listed Bryggen Wharf, this museum offers immersive insight into the life of Hanseatic traders, with original assembly rooms and guided tours through the narrow wooden alleys [Visit Norway](#).
- **KODE Art Museums**

One of Northern Europe's largest art museum complexes, KODE comprises four buildings that open a window into Norway's creative heritage. Highlights include:

- **KODE 1:** Crafts, design, and decorative arts (the “Permanenten”).
- **KODE 2:** Contemporary and rotating exhibitions.
- **KODE 3:** Works by Edvard Munch, J.C. Dahl, Hans Gude, and Nikolai Astrup.
- **KODE 4:** Design, music, and installation art cultureactivities.comVoyager InfoThe Times.

Nature experiences

Nature is highly valued by both visitors and permanent residents in Bergen. The nature in the mountain area around the city is considered to have great qualities and is popular for hiking. Wednesday we will have a voluntary walk, or funicular ride with Fløibanen, for panoramic views from Mount **Fløyen**.

Ulriken is the highest of Bergen’s seven surrounding mountains, standing at 643 meters (2,110 feet). It offers panoramic views of the city, fjords, and sea. You can reach the summit by hiking or taking the **Ulriken Cable Car (Ulriksbanen)**, which operates year-round. At the top, there's a restaurant and viewing platform.

LANGUAGES

Most Norwegians speak English. The language of the seminar is English.

SMOKING

Smoking is strictly prohibited in restaurants, bars or other indoor public places. Many establishments offer covered outdoor space for smokers. You will not be able to smoke in your hotel room.

ELECTRICITY

Electricity in Norway is 220 volts, 50 Hz. Any adapter made for continental European wall sockets will also work in Norway.

MONEY

The local currency in Norway is Norwegian crowns (NOK). Please note that Euro is not accepted in Norway. Credit cards can be used in all shops. Please remember to contact your bank in advance to check if your credit card is accepted in Norway (and open it for use). Please note that cash is rarely used by Norwegians nowadays.

Currency rate 10 NOK = approx. 0,85 EURO

COMPUTER AND INTERNET

We recommend that you bring your own laptop to the seminar. There is a free wireless network at the hotel.

TEMPERATURE AND CLOTHES

Average temperature in Bergen in October is 8 degrees. We advise you to bring warm clothes. However, the weather may change rapidly so you might want to layer your clothes. We also recommend a pair of good walking shoes and a wind jacket for the possibility to hike in the

nearby mountains voluntarily.

Dress code in Norway is slightly more casual than in the rest of Europe. Most of the contact seminar will be at the hotel where it will be warm.

WEATHER FORECAST

Please check the updated weather forecast close before departure [here](#).

Persons to contact in Norway

Jill Terserus, +47 480 58 598

Petter Handegard, +47 922 28 337

Henrik Arvidsson, +47 472 47 104