

REGISTRATION FORM

Food Micro 2002 Symposium

Lillehammer, Norway 18 – 23 August 2002

Send to: Thue & Selvaag Forum AS, P.O.Box 14, N - 2601 LILLEHAMMER, Norway – telefax: +47 6128 7330

Family name:		First name:		<input type="checkbox"/> Male <input type="checkbox"/> Female
Institution:		Professional title:		
Address:				
Postal code:	City:	Country:		
Telephone:	Fax:	E-mail:		
Accompanying persons (Name and age if children):				
Address where the invoice should be sent (if different from above):				
Postal code:	City:	Country:		

Fees (All prices in NOK)	Price / pers before 1 May 2002	Price / pers after 1 May 2002	No. of pers	Total
Registration fee, participants	7 000	9 000		
Registration fee, students	3 500	4 500		
Accompanying persons, over 16 years	1 600	2 000		
Congress dinner	800	800		
Excursion 1 – Rafting in Sjoa	700	700		
Excursion 2 – Culture and farm visit	500	500		
Excursion 3 – Skibladner paddle steamer	Cancelled	Cancelled		
Excursion 4 – Lillehammer city, a guided tour	Cancelled	Cancelled		
Excursion 5 – Mountain Tour, easy route	Cancelled	Cancelled		
Excursion 6 – Besseggen, strenuous hike in the mountain	650	650		
Excursion 7 – Golf	Cancelled	Cancelled		
Excursion 8 – Hunderfossen Park	Cancelled	Cancelled		
Total*				

* Creditcard fees will be added to the total amount.

Accommodation

Hotel* (All prices in NOK)	Arrival date	No. of nights	Single room/night	Dbl room/ night/person	Total
Radisson SAS Lillehammer Hotel**			880,-	650,-	
Rica Victoria Hotel**			795,-	500,-	
Comfort Home Hotel Hammer**			750,-	500,-	
Total					

*Due to changes in the VAT-structure in Norway in 2001, the prices may change without further notice.

** Breakfast included.

Smoker Vegetarian Coliaki Handicap/wheel chair Other: _____

If double room or apartments, name of all the persons: _____

CANCELLATION

Notification of cancellation must be in writing or by fax to Thue & Selvaag Forum AS, telefax: +47 6128 7330.

The refund will be returned after the congress as follows:

Before 1 June 2002: 75 % refund

After 1 June 2002: No refund

Cancellation due to documented disease: Full refund

PAYMENT

- Please send me an invoice
 I want to pay by credit card
 VISA Eurocard/Mastercard * American Express Diners

Card number: _____ Expire date: ____/____/____

*Eurocard – please give us the 7 numbers on the signature area:

Card owner's name:

Date: _____ Signature: _____

Brief description of the excursions at Wednesday 21 August 2002.

Excursion 1 – White water rafting in Sjoa

Don't miss this opportunity to go rafting! The Sjoa is a swift-flowing river that runs through Heidal. Once threatened with development, the river is now fully protected. Rafting in Sjoa has become very popular. It may sound a bit risky, but strict safety routines and proper equipment ensure a safe trip. Proper outer clothes are provided by the organisers, but participants are recommended to wear wollen (warm) underwear. The water is cold!! You should be physically well fit for this ride. Not recommended for people with heartconditions or back problems. The organiser provides insurance for the activity.

Duration: 09:00 hrs – approx 16:00 hrs , Price: NOK 700,- incl. outdoor lunch and necessary equipment

Excursion 2 – Culture and farm visit

Guided tour by bus to Aulestad, the home of the famous Norwegian author Bjørnstjerne Bjørnson, who was awarded the Nobel Prize in Literature in 1903. From Aulestad the tour continues along the Peer Gynt Road, which passes through magnificent scenery with spectacular views of Jotunheimen, Dovrefjell and Rondane. Traditional Norwegian lunch will be served at the Dalegudbrands Farm In the Gudbrandsdalen Valley. The popular Pilgrim Trail passes by Ringebu Stave Church and across the courtyard of the heritage listed Ringebu Vicarage. We will visit the beautiful stave church, which was built early in the 13th century.

Duration: 09:00 hrs – approx 16:00 hrs, Price: NOK 500,- incl. lunch

Excursion 3 – Lake Mjøsa - Skibladner paddle steamer

Bus from Radisson SAS Hotel to Hamar, where we will visit the Domkirkeodden.

We have chartered Skibladner, the world's oldest paddle steamer in scheduled service, to take us from Hamar to Lillehammer. Skibladner, the pride of the inland, gives an accurate picture of 19th century steamship travel in Norway.

Enjoy the sightseeing on Lake Mjøsa, where you will be served the traditional dish salmon and strawberries, which is a part of the nostalgic experience of travelling the floating museum.

Duration: 09:00 hrs – approx 16:00 hrs Price: NOK 1.150,- incl. lunch

Excursion 4 – Lillehammer city, a guided tour

Join a guided tour in the friendly pedestrian street, Storgata, in Lillehammer with pavement cafes and various shops. Visit the Lillehammer Art Museum, which served as a cultural venue during the Olympic Winter Games in 1994. In addition to the permanent collection with significant works by Norwegian artists such as Munch, Gude, Nerdrum and Weidemann, alternating exhibits are arranged. This trip is well suited for participants who plan independent meetings during Wednesday.

Duration: 09:00 hrs –12:00 hrs, Price: 160,- (no lunch included)

Excursion 5 – Mountain Tour – Lillehammer mountains, easy route

Nordseter and Sjusjøen, located 850 metres above sea level, are traditional summer farm communities, which over time have gradually developed into modern and significant tourist sites. Enjoy a guided tour in easy mountain terrain at Sjusjøen.

Duration: 10:00 hrs – approx 14:00 hrs, Price: NOK 500,- incl. lunch, soft drink, coffee/tea.

Excursion 6 – Mountain tour – Jotunheimen, strenuous hike in the mountain

Guided tour by bus from Lillehammer Hotel through the Gudbrandsdalen Valley to Gjendesheim (3 hours). Transfer by boat from Gjendesheim to Memurubu. A hike in Norway is measured in effective walking hours for a fit person, this hike is estimated to be 7-10h in rough terrain.

The hike along Besseggen is perhaps the most famous mountain hike in Norway. . Along the narrow ridge at 1700 m you will have a spectacular view of the deep green lake Gjende at 984 m on one side and the blue lake Bessvatn at 1373 m on the other side. This trip takes you up a gradient of 900m and demands hiking boots, appropriate clothing and a small backpack. The hike is physically demanding, and is only to be recommended for person in very good physical condition. People with fear of heights should consider not going.

Transfer by bus from Gjendesheim to Beitostølen for dinner in the cafeteria “Jotunstogo”.

Duration: 07:00 hrs – approx 23:30 hrs, Price: NOK 650,- incl. Dinner – Lunch from the hotel

Excursion 7 – Golf

During the bus ride from Lillehammer Hotel to Skei Golf Course, a host will inform you about the course and facilities. Skei Golf Course is a beautiful 9-hole golf course (2035 metres – par 33) in spectacular high-mountain surroundings. At 800 metres above sea level, it is the highest course in Scandinavia, and during your round – parts of which cross the popular Peer Gynt Trail – you can enjoy a magnificent view towards the Jotunheimen and Rondane mountain ranges. There is a driving range, cafeteria and large proshop with rental of golf clubs and trolleys, right next to the first tee.

Duration: 09.30 – 16.00, Price: NOK 950,- incl. lunch (served in the cafeteria), driving range and green fee. Exclusive rental of equipment.

Excursion 8 – Hunderfossen Family Park

At Hunderfossen, just north of Lillehammer, you can be sure to meet the largest “Troll” in the world, 14 meter high while sitting! Hunderfossen Family Park, situated in beautiful surroundings, has attractions based on Norwegian culture and traditions. Visit the Fairy Tale Palace, Ivo Caprino’s Fairy Tale Cave, Energy Centre, Experience Centre for Oil and Gas, Experience Centre for Ice cream and the Wax Museum. Ivo Caprino’s Supervideograph will show you the best of Norwegian landscape and scenery conveyed across a 20-metre long screen.

From Hunderfossen join a tour by bus to a Mountain Farm to experience the life and work of the farmers and milkmaids on a traditional Norwegian summer farm. The trip is well suited for families with small children

Duration: 10:00 hrs – approx 17:30 hrs, Price: NOK 675 ,- incl. lunch.(A barbecue will be prepared for outdoor lunch).

The programme of the excursions is subject to change without further notice. The excursions require a minimum of participants.