

Workshop: Field safety and preparedness
Finse Research Station, Finse, Norway, 8-13 March 2026
Version 2, 28 Nov. 2025

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Overview and sponsors

The course is organized jointly by the University of Oslo and the University of Bergen. It is sponsored by the [FieldEx \(*Field Instrumentation and Measurements in Cold Region Environments*\) project](#) lead by the Univ. of Oslo and as the Co-Invent project (*A Collaborative Study of Cryo-Climatology in the Glaciated Himalayan Region*) led by the Univ. of Bergen.

Participants

The course will include approximately 16 MSc or PhD students. Only students enrolled at one of the FieldEX partner universities or the University of Bergen and its Co-Invent partners, the Jawaharlal Nehru University and Indian Institute of Technology Roorkee) are eligible to participate.

Course content

The course is intended to provide students with safety training in cold region environment as well as snow related field measurements. Topics include but are not limited to:

- *Field safety and preparedness:* Glacier safety (Crevasse rescue, crampons, falls on snow slopes, roped travel), Avalanche training; Camping/sheltering in snow; Wilderness First Aid; Field gear/clothing; Field preparation; Field work documentation; Weather; Travel emergency plans; Communication in remote areas; Code of conduct for field work; Harassment in the field.
- *Field measurements/Science:* Snow pits, snow probing, steam drilling, UAV surveying of snow depth;

Location

The workshop will be held at the [Finse Alpine Research Center](#) run by Oslo and Bergen University. The station is located near the >70 km² Hardangerjøkulen Ice Cap with one of the outlet glaciers 1-2 km away and well visible from the Research Station. Finse is a tiny mountain village with only a few houses located at the Oslo - Bergen railroad at 1,222 meters (4,009 ft) above sea level, about 250 m above the treeline. There is no road to Finse. Facilities are very limited, e.g., **there is no grocery store, pharmacy or bank.**

Temperatures in March typically remain below freezing. Throughout the month of March, Finse expects an average air temperature of -4°C in March (lowest March average = -11.5°C, absolute daily minimum = -23°C). The weather can be highly variable alternating intense sunshine, high winds and snowstorms. The area will be covered in deep snow although March is the month with the least precipitation in Finse. Sunrise will be around 7 am and sunset around 6 pm.

Accommodation / meals

All participants will be housed at the **Finse Alpine Research Center** which has a number of 2-4 person bedrooms which participants will share (single gender). Bed linen and towels will be provided. We will be the only group at the station at that time. A cook at the station will provide all **meals** (breakfast, lunch, dinner) for the workshop (dietary restrictions can be accommodated). Coffee/tea and water will be available throughout the day. The first meal during the workshop will be dinner on Sunday 8 March at 7:30 pm. The last meal will be lunch at the station on Friday 13 March. The station has a small lecture hall and dining area, and shared bathroom/shower facilities and a sauna. There is **internet** (4G eduroam and University of Oslo guest login).

Transport

Finse is only accessible by **train**, from either Oslo (ca. 4-4.5 hrs; ca. 6 trains per day between ca. 6:00 and 23:00; ca. 500-600 NOK one way, less for students) or Bergen (ca. 2.5 hrs). We aim to take a train in the morning and leave on March 13 in the early afternoon. See all available train options below. From Finse train

station it is a 20-30 minute walk/ski (ca. 2 km) along a narrow snow-covered dirt road/path to the research station.

Gear list

You need to be prepared to spend time outside in any weather conditions (snow fall, snowstorm, temperatures well below freezing ...).

- Backpack big enough to hold all your belongings (Roller bags/suitcases or similar do not work on the snow-covered 2 km trail to the station)
- Waterproof and warm boots allowing you to walk on or stand over hours in deep (wet) snow
- Warm clothes (layers), wind/waterproof jacket & pants, fleece, hat, scarf, gloves/mittens
- Ski goggles (if you have)
- Indoor shoes/slippers (there are no shoes allowed inside and the floor can be quite cold)
- Laptop
- Field book/pencil
- Head lamp/flashlight (there are no streetlights around the research station and on the way to/from the train station)
- Travel adapter for power outlet (non-Norwegian participants)
- Sunglasses & sunscreen
- Any personal medication (no pharmacy in Finse!)
- Several facemasks (see "Health" below)
- Personal foods and beverages (no grocery store in Finse)

If you have, bring:

- X-country or mountaineering skis (or similar), boots, poles; or snowshoes (we have extra snowshoes)
- Ski goggles (for high wind/snowstorm conditions)
- Emergency equipment (avalanche beacon, InReach, ...)
- Climbing harness (you can also borrow at the station)

Other

Costs: Costs in Finse (accommodation and meals at Finse station for 5 days/nights) are fully covered for all participating students by FieldEx or Co-Invent. For the students from India, airfare and travel to/from Finse will also be covered by the Co-Invent project. For the Bergen-based students train tickets will be covered by Co-Invent, while FieldEX students may need to pay their travel to/from Finse themselves (yet to be determined). Airfare for FieldEX students outside Norway will not be covered.

Insurance: Make sure you have appropriate travel/health insurance.

Money: Please note that Norway is predominantly a cash-free society, so there's no need to exchange currency.

Credit and debit cards are widely accepted everywhere (and in some places only cards (no cash) are accepted. In case you stay longer in Oslo and need public transportation it is recommended that you download the [ruter app](#). There are almost no ticket machines anywhere in town.

Health: Given the remote location of Finse without any medical facilities combined with the fact that we will be living close together, we may require participants to adhere to disease mitigation measures. In particular, participants with respiratory illnesses may be required to move to another building, wear a mask in certain situations, or take a COVID test.

Fitness requirements

Good levels of fitness are required. You need to be able to walk/ski to the research station and be prepared to spend several hours outside in snowy/cold conditions.

Code of conduct

We will adhere to the workshop's [code of conduct](#), and it is mandatory for all participants to comply.



Finse Station in April 2022



View from Finse station in April



View from Finse station with outlet glacier from ice cap in the background



View out of entrance door of the station



Dining hall (Sep 2024)

Train connections Oslo central station (Oslo S) to/from Finse (<https://www.vy.no/en>)

Velg reise	
søndag 8. mars 2026	← Forrige dag Neste dag →
Raskest	
08:25–12:34 (4 t 9 min) Tog med Vy fra Oslo S · Spor 4	Vis detaljer ▾ Fra 829 kr
12:03–16:32 (4 t 29 min) Tog med Vy fra Oslo S · Spor 3	Vis detaljer ▾ Fra 829 kr
14:25–18:42 (4 t 17 min) Tog med Vy fra Oslo S · Spor 3	Vis detaljer ▾ Fra 679 kr
16:23–20:47 (4 t 24 min) Tog med Vy fra Oslo S · Spor 3	Vis detaljer ▾ Fra 679 kr

Finse stasjon–Oslo S	
🕒 13. mars, fra kl. 13:00 👤 1 voksen	🔍 Endre søk
Velg reise	
fredag 13. mars 2026	← Forrige dag Neste dag →
14:20–19:05 (4 t 45 min) Tog med Vy fra Finse stasjon · Spor 1	Vis detaljer ▾ Fra 679 kr
18:06–22:27 (4 t 21 min) Tog med Vy fra Finse stasjon · Spor 1	Raskest Vis detaljer ▾ Fra 679 kr
19:27–00:05 (4 t 38 min) Tog med Vy fra Finse stasjon · Spor 1	Vis detaljer ▾ Fra 509 kr
lørdag 14. mars 2026	
02:00–06:27 (4 t 27 min) Tog med Vy fra Finse stasjon · Spor 1	Nattog 🌙 Vis detaljer ▾ Fra 549 kr

Train connections Bergen to/from Finse

søndag 8. mars 2026	← Forrige dag Neste dag →
08:08–10:29 (2 t 21 min) Tog med Vy fra Bergen stasjon · Spor 3	Vis detaljer ▾ Fra 489 kr
11:49–14:18 (2 t 29 min) Tog med Vy fra Bergen stasjon · Spor 3	Vis detaljer ▾ Fra 399 kr
15:38–18:04 (2 t 26 min) Tog med Vy fra Bergen stasjon · Spor 3	Vis detaljer ▾ Fra 592 kr
16:48–19:21 (2 t 33 min) Tog med Vy fra Bergen stasjon · Spor 3	Vis detaljer ▾ Fra 279 kr

Finse–Bergen stasjon	
🕒 13. mars, fra kl. 12:00 👤 1 voksen	🔍 Endre søk
Velg reise	
fredag 13. mars 2026	← Forrige dag Neste dag →
12:29–15:00 (2 t 31 min) 12:37 Tog med Vy fra Finse stasjon · Spor 1	Vis detaljer ▾ Fra 489 kr
16:27–19:08 (2 t 41 min) 16:35 Tog med Vy fra Finse stasjon · Spor 1	Vis detaljer ▾ Fra 399 kr
18:45–21:33 (2 t 48 min) 18:53 Tog med Vy fra Finse stasjon · Spor 1	Vis detaljer ▾ Fra 279 kr
20:41–23:18 (2 t 37 min) 20:49 Tog med Vy fra Finse stasjon · Spor 1	Vis detaljer ▾ Fra 592 kr