

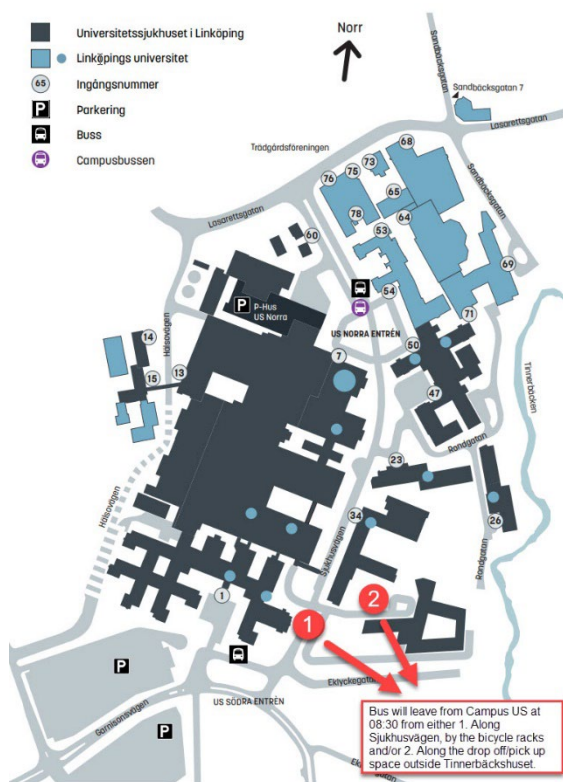
Linköping University Neuroscience Retreat

Practical information

A warm welcome!

The members of the steering group for Systems Neurobiology welcome you to this year's Neuroretreat in Vadstena. In this document you will find useful information about your stay.

Transportation



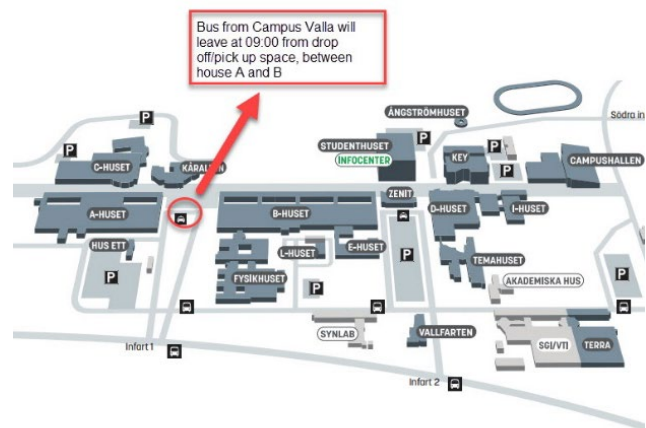
Bus from Linköping 24/4

Two chartered buses will pick up at Campus US, Campus Valla and two hotels where our guest speakers are staying.

08:30 Bus 1 and 2 leave Campus US

09:00 Bus 1 leaves Campus Valla/Hotel Scandic väst

Bus 2 leaves Frimurarehotellet



Arrival to Vadstena

To avoid having to carry your luggage a long distance (long = maximum 800 m), the bus will make two stops on arrival to Vadstena.

Stop 1 – luggage drop off at “Nunneklostret”: For those of you who have been notified that you are staying in a room on the monastery area or at 27:ans nattlogi, leave your luggage at “Nunneklostret” before continued bus ride or walk to the castle.

Stop 2 - Drop off at the castle: For those of you who have been notified that you are staying in a room close to the castle, bring your luggage to the lecture hall, “Västra vallen”. For further information, see “Accommodation”.

Departure from Vadstena 26/4

- 14:00 Bus 1 and 2 pick up outside “Munkklostret” where we eat the final lunch.
- 14:45 Bus 1 Drop off at Campus Valla (and after that Campus US if needed)
Bus 2 Drop off at Frimurarehotellet and after that at Campus US

The conference area in Vadstena

Vadstena is a small town with great history! Both the scientific program and accommodation as well as the activities arranged around the conference will be in historical buildings. The Vadstena castle was built in the 16th century and the oldest buildings of Vadstena klosterhotell and the Vadstena Mental Asylum Museum are from the 14th century.

The scientific program

The whole scientific program takes place in the conference hall “**Västra vallen**” in **Vadstena castle**.

Accommodation

We’re all accommodated through **Vadstena klosterhotell**, in different buildings spread out over the town (see separate map). There are hotel rooms booked in two main areas:

1. **Close to the castle** (Slottsflygeln, Stora slottsvillan, Lilla slottsvillan, Slottsstugan and Slottsgården)
2. **On the monastery grounds** (Nunneklostret and Klostergården)

Also, there are a few rooms booked at **27:ans nattlogi**, which is situated between the two main areas.

Check-in 24/4 – takes place during the afternoon coffee break in Vadstena castle, Västra vallen.

Check-in 25/4 – contact Sofia Gripenbäck for info.

Checkout 26/4 – Place and time for checkout is to be decided.

Meals

All the coffee breaks will be in the lecture hall “Västra vallen” at Vadstena castle

Breakfast:

- For attendees staying **Close to the castle** (Slottsflygeln, Stora slottsvillan, Lilla slottsvillan, Slottsstugan and Slottsgården), breakfast is served in “**Slottsflygeln**”
- For attendees staying **On the monastery grounds** and at **27:ans nattlogi**, breakfast is served in “**Nunneklostret**”

Lunches:

- Wednesday April 24th and Friday April 26th, lunch is served at “Munkklostret”, on the monastery grounds (10 min walk from the castle)
- Thursday April 25th, lunch is served at the castle, in “Herreköket”

Dinners:

- Wednesday April 24th, dinner is served at “Munkklostret”
- Thursday April 25th, dinner is served at the castle, in “Herreköket”

Activities

Guided tour of Vadstena Mental Asylum Museum, April 24th

It is a small museum, and we need to split up into 4 groups.

17:00 **Group 1 and 2:** Everyone having a **first name starting with the letter A - K**

18:00 **Group 3 and 4:** Everyone having a **first name starting with the letter L – Å**

Meet up outside “Munkklostret”.

“Spring time” on the Neuroretreat – Run with us, April 25th!

Everyone who wants an energizer before dinner – join a guided running route.

When: Thursday April 25th at 17:30

Where: Meet up in the courtyard of the castle

Suggested running routes:

3.7km <https://www.strava.com/routes/3211669038864245926>

6.2km <https://www.strava.com/routes/3211670000558162046>

8.4km <https://www.strava.com/routes/3211670387357802622>

There will be experienced runners there to guide you 😊 (Johan Brask, David Engblom, Fredrik Elinder and Esther Visser)!

Remember...

...to bring clothes and shoes that allows for walking outside no matter the weather. The lecture hall, meals and hotel rooms are at different locations. The distances are small (maximum 800 m and usually no more than a 10 min walk) but may feel distant if the rain is pouring. Looking at the forecast, an umbrella and/or a warm rain resistant coat seem like a good idea to bring.

Links

- **Neuroscience Retreat 2024 web page** with the program together with lecture abstracts. Also, the web will eventually be updated with abstracts from the poster session: [Linköping University Neuroscience Retreat 2024 - Linköping University \(liu.se\)](https://www.liu.se/en/neuroscience-retreat-2024)
- **Systems Neurobiology**, starting page: [Center for Systems Neurobiology - Linköping University \(liu.se\)](https://www.liu.se/en/systems-neurobiology)
- **Vadstena:** [Visit & experience - Vadstena](https://www.vadstena.se/en/visit-experience)
- **Vadstena klosterhotell:** [Vadstena Klosterhotel | Boka mysigt boende vid Vättern](https://www.klosterhotel.se/)
- **Slottsgården:** [Slottsgården i Vadstena – Boende, mat och museum i Vadstena \(slottsgarden.se\)](https://www.slottsgarden.se/)
- **27:ans nattlogi:** [27ansnattlogi.se](https://www.27ansnattlogi.se/)
- **Map** over the hotel buildings, download on this page: <https://www.klosterhotel.se/hotell/>
- **Vadstena slott:** [Visit Vadstena - Vadstena Castle \(vadstenaslott.com\)](https://www.vadstenaslott.com/)

See you in Vadstena!