

**Information Package**  
**Course Location Interlaken and vicinity**



## Course Location and Hotel

### Course Rooms

The Artos Center is a Hotel located in a quiet residential area of Interlaken. The infrastructure is perfect for our needs. The training rooms are very bright with daylight.



In front of the training rooms there is a little cafeteria, where students can get coffee or cold drinks (self-service) or just sit and take a break.

In the course room area there is a free wireless internet service, so students can access their emails.

### Hotel Rooms

The rooms are all spacious, almost all rooms have a flatscreen TV, a working desk and a little seating area. The views are quite nice overlooking the surrounding mountains. The deal for the hotel rooms is 135 CHF (Swiss Francs) per night including breakfast.

### Food

Breakfast is included in the room rate. Half-board (dinner, four courses) is available for 28 CHF extra. The hotel offers a flexible model, that is students residing in the Artos can communicate in the morning if they would like to eat in house or not. The same applies for lunch (CHF 22), where the Artos offers a 3-course meal and the guests can communicate in the morning if they eat in or not and what courses they would like. Please note that there is no à la carte service in the Artos. Every day, there is a menu and a vegetarian version available.

### **Relaxation in-house**

The hotel offers a wellness zone with 2 Whirlpools, Sauna, Steambath and a relaxation room. The perfect location to unwind and take a break from the complex material in the course.



### **Reservations**

The hotel can be reserved directly with the remark ANI course, or through us. Please communicate day of arrival and departure and if you will stay for the weekend or go home, sightseeing etc.

[mail@artos-hotel.ch](mailto:mail@artos-hotel.ch)

## Transportation in Interlaken

### Public Transport

Once checked in the Hotel, a card is issued that allows to use the public transport in the vicinity for free. The city is not that large anyway and everything can be reached with a short walk.



## Course Schedule and Organisation

### Times

We start at 9.00 and normally end the day around 16.30, depending on our daily performance. Please be prepared that it may be necessary to stay a bit longer sometimes. The training program is important, and we will take the necessary time that everybody is up to speed everyday.

### Full Focus required - Mobile Phones in the course room prohibited

We have a strict (STRICT!) no mobile phone policy in the course room. That is: We do not mean that the phone should be on silent, but the phone should be OFF, or even better, stay in the hotel room. We are fully aware, that students are away from home for a long time and daily business continues to exist back home in the office. Calls can be made during the breaks (and we break every hour). Bosses at home have to understand that they sent the students to attend a course dealing with aviation safety and that there is quite complex material to be absorbed. Therefore the least thing we can use in the sessions are distractions by phone calls. We enforce this policy in all courses and so far nobody ever suffered from a medical condition because phones couldn't be used...



**Mobile phones  
prohibited**

# How to get to Interlaken

## Swiss Railways

Schedules are available online <http://www.sbb.ch>

Tickets can be bought to the final destination everywhere. Interlaken has 2 stations, Interlaken West and Interlaken Ost. "Ost" is closer to the Hotel Artos. There is a bus line from both stations (Line 2). Exit at "Zentrum Artos". However, the bus departures seem to be coordinated with train arrivals at Interlaken WEST, which is the first of the two stops. From Interlaken Ost, the Artos can also be reached with a 15 minute walk.



### **Zürich Airport**

Zürich (ZRH) is the major international airport in Switzerland. The Swiss Railways are connected to ZRH with an intercity train line. Trains should be taken to "Bern", where a change is necessary. Trains to Interlaken depart on the same platform, opposite track in Bern. The total travel time from ZRH to Interlaken is about 2 hours 15 minutes.

### **Geneva Airport**

Geneva (GVA) is also an international airport in Switzerland. The Swiss Railways are connected to GVA with an intercity train line as well. Trains should be taken to "Bern", where a change is necessary. The train ride from Geneva Airport is a bit longer but also nicer than from ZRH. Total time about 2:56.

### **Bern Airport**

Bern (BRN) is the closest airport (only about 40km away) but as far as transportation is concerned it is not as comfortable as the two above. Furthermore, the main carrier into Bern is Lufthansa/Star Alliance through Munich. There is also a British Airways service from Brussels. From BRN a bus ride to the local railway station is necessary. From there, board a regional train to Thun, where you can change to the Intercity to Interlaken. Alternatively there is a nonstop bus service to Bern main-station from where you can board the Intercity to Interlaken.

### **Basel Airport**

Basel (BSL) has some low cost operators that can be interesting for some departure countries. After arrival, there is a bus ride necessary (20 minutes) to Basel main station. From there, most trains are Intercities to Interlaken. No change required, but the train stops at a couple of stations.

