



Forsvaret
Innsatsstyrke
Gunnarside, HV-03

We train, so you can be safe

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During the period of 11-15 June Innsatsstyrke Gunnarside will train in Grenland. While practicing, we will train with the civilians in Grenland, including emergency services and Skien municipality's management.

The training scenario is made up as a conflict, where Norway is in the conflict with another country. The State Administrator has asked the Norwegian Forces for assistance in resolving security missions and what we call guard missions. Therefore, it will be some military activity in Grenland during the period, with a particular focus on the old Skien high school, Herøya and Henrik Ibsens gate 7. The main days for the training are 13-14 June.



We encourage people who stay in Skien those days to contact the soldiers they see and have a chat with them. It is also a part of the training for the soldiers to be able to relate to the normal situation in the area.

We fully understand that some may find it unpleasant to see soldiers in the everyday cityscape, but to ensure stability and safety during the event of crisis/war, the Home Guard must train as realistically as possible. If we are to protect people and values in a crisis, we must train where people and values are daily. We have now been allowed to borrow facilities that are suitable for our type of training.

The training will involve military car traffic and soldiers on foot in the area. Depending on the scenario we are training on, loose ammunition will be used which can cause a bang.

The Effort Forces is a part of the Home Guard's rapid reaction forces, trained for quick and resolute response in security policy crisis or war. The department consists of locally known women and men with civilian networks as well as military skills.

Our volunteer HG soldiers from Buskerud and Telemark are on a regular job on a daily basis. We have teachers, plumbers, IT people, physiotherapists, carpenters, lawyers, painters and doctors in the department. The soldiers are mothers and fathers, brothers and sisters full-time, but train up to 30 days a year in order to be best equipped to assist the population when needed.

You can follow us on social media to stay informed:

Facebook: www.facebook.com/gunnarside

X: [@istygunnarside](https://twitter.com/istygunnarside)

Instagram: [@innsatsstyrkegunnarside](https://www.instagram.com/innsatsstyrkegunnarside)

Contact us to arrange to meet us on site, to interview us and take pictures to get an insight into our training – we are sure it will be of general interest.

Contact person: Mats Conny Øien 9888 5212