

MRS/MNS Training Course  
9-11 June 2026, Aarhus, Denmark

**Advanced MR Spectroscopy and  
x-Nuclear MR Training Course**

**Venue:**

Meeting room F291-105

and

**The MR Research Centre**

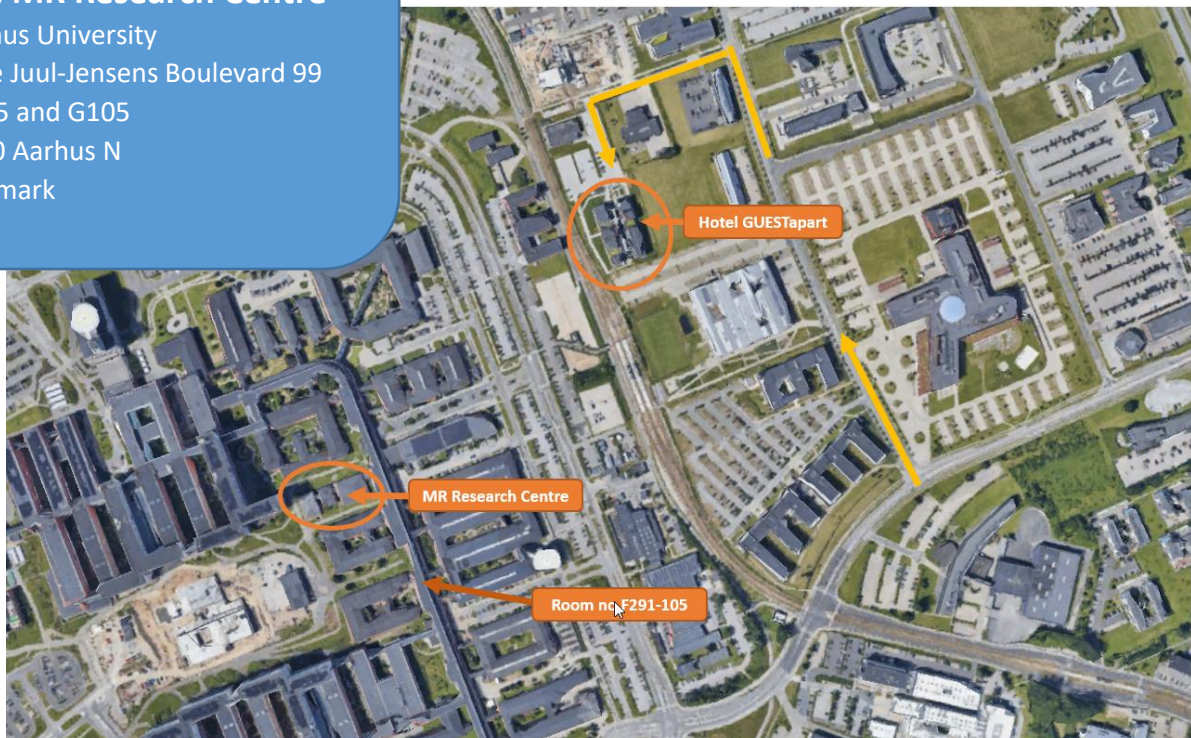
Aarhus University

Palle Juul-Jensens Boulevard 99

G205 and G105

8200 Aarhus N

Denmark



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## Organizing committee

Lotte Bonde Bertelsen (The MR Research Centre)

Lone Hanberg (The MR Research Centre)

Christoffer Laustsen (The MR Research Centre)

Michael Væggemose (GE-Healthcare/ The MR Research Centre)

Rolf Schulte (GE-Healthcare)

Ralph Noeske (GE-Healthcare)



# Program

## Tuesday 9. June

Venue/Meeting point: Aarhus University Hospital – room F291-105

09:00-09:30	Welcome + introductory round (all)	
09:30-10:00	Introduction to Clinical MRS (TS)	Lectures
10:00-10:30	1H SVS and MRSI (RN)	
<b>10:30-11:00</b>	<b>coffee break</b>	
11:00-11:45	Reconstruction and processing (APL)	Lectures
11:45-12:30	Advanced 1H MRSI(I) (RN)	
<b>12:30-13:30</b>	<b>lunch</b>	
13:30-14:30	<b>Group 1.</b> 1H SVS: basics and editing (RN, TS)	Practical sessions
13:30-14:30	<b>Group 2.</b> MRS data processing (APL)	
<b>14:30-15:00</b>	<b>coffee break</b>	
15:00-16:00	<b>Group 1.</b> MRS data processing (APL)	Practical sessions
15:00-16:00	<b>Group 2.</b> 1H SVS: basics and editing (RN,TS)	
16:00-17:00	<b>Group 1.</b> MRSI (RN,TS,RFS)	
16:00-17:00	<b>Group 2.</b> MRS clinical reading (APL)	
<b>18:00-20:00</b>	<b>Dinner at Salling Rooftop</b>  <u><a href="#">Søndergade 27, 8000 Aarhus C</a></u>	<b>Event</b>

**Wednesday 10. June**

Venue/Meeting point: Aarhus University Hospital – room F291-105

09:00-09:30	Intro to X-nuclei (CL)	
09:30-10:00	MNS Acquisitions (RFS)	Lectures
10:00-10:30	Prescan and setup optimization (RN)	
<b>10:30-11:00</b>	<b>coffee break</b>	
11:00-11:45	MRS in Neuro (APL)	Lectures
11:45-12:30	Artefacts (RFS)	
<b>12:30-13:30</b>	<b>lunch</b>	
13:30-14:30	<b>Group 1.</b> MRS clinical reading (APL)	Practical sessions
13:30-14:30	<b>Group 2.</b> MRSI (RN,TS,RFS)	
<b>14:30-15:00</b>	<b>coffee break</b>	
15:00-16:00	<b>Group 1.</b> Sodium MRI (MV,RFS)	Practical sessions
15:00-16:00	<b>Group 2.</b> MNS data analysis (ESSH,MV)	
16:00-17:00	<b>Group 1.</b> MNS data analysis (ESSH,MV)	
16:00-17:00	<b>Group 2.</b> Sodium MRI (MV,RFS)	
<b>18:00-20:00</b>	<b>Dinner at Aarhus Street Food</b> <b><u>Ny Banegårdsgade 46, 8000 Aarhus</u></b>	<b>Event</b>

**Thursday 11. June**

Venue/Meeting point: Aarhus University Hospital – room F291-105

09:00-09:30	Hardware for MNS/MRS (MV)	
09:30-10:00	31P step-by step (TS)	Lectures
10:00-10:30	Preclinical Studies (ESSH)	
<b>10:30-11:00</b>	<b>coffee break</b>	
11:00-11:45	Biological meaning of MNS (APL)	Lectures
11:45-12:30	Clinical MNS Applications (CL)	
<b>12:30-13:30</b>	<b>lunch</b>	
13:30-14:30	<b>Group 1 and 2</b> DMI (RFS,MV)	Practical sessions
<b>14:30-15:00</b>	<b>coffee break</b>	
15:00-16:00	<b>Group 1.</b> 31P Spectroscopy (TS,MV)	Practical sessions
15:00-16:00	<b>Group 2.</b> MNS troubleshooting (RFS,ESSH)	
16:00-17:00	<b>Group 1.</b> MNS troubleshooting (RFS,ESSH)	
16:00-17:00	<b>Group 2.</b> 31P Spectroscopy (TS,MV)	
<b>17:00-18:00</b>	<b>Wrap up, feedback (all)</b>	

Christoffer Laustsen	CL	Aarhus
Rolf Schulte	RFS	GEHC
Timo Schirmer	TS	GEHC
Ralph Noeske	RN	GEHC
Michael Væggemose	MV	GE & Aarhus
Alex Lin	APL	Harvard
Esben Hansen	ESSH	Aarhus



## Travel

### Getting to Aarhus by air

#### Traveling to/from Aarhus Airport

The Aarhus Airport Tirstrup is located 40 km north of the city. It offers international flights to European destinations, such as Oslo, Stockholm, Gothenburg, Manchester, London (Stansted and Gatwick), Berlin, Munich, Nice, Rome, and Cyprus. Please visit their website for information on flight arrival/departure times.

There is an airport shuttle bus from Aarhus Airport with frequent departures (every 20 minutes after each flight arrival with departures from just outside the main entrance). The fare is about DKK 100, and it takes about 50 minutes to reach downtown Aarhus. The bus stops at the Aarhus University campus (at Nobelparken). Click the link below for more airport bus information, or call (+45) 8612 8622.

Bus fares can be paid in cash (DKK, NOK, SEK, USD, GBP, EUR). Credit cards are also accepted on the Airport bus: Dankort, VISA, MasterCard, or JCB.

There are direct flights between Aarhus Airport/Tirstrup and Copenhagen International Airport, with many daily departures on weekdays and some on Saturdays and Sundays. The flight takes 35 minutes. A free transit bus in Copenhagen links the International and Domestic airport terminals.

[Aarhus airport Tirstrup](#)

[Airport bus information](#)

[Copenhagen International Airport](#)

#### Travelling to/from Billund airport

Billund airport is located 100 km south of Aarhus. It has direct international flight connections to many European destinations, including Barcelona (Girona), Berlin, Birmingham, Brussels, Edinburgh, Faro, Frankfurt, London, Manchester, Milan, Munich, Oslo, Paris, Riga, Rome, and Stavanger. Please visit the airport website for more information on arrivals and departures.

An airport shuttle bus between Aarhus and Billund Airport departs several days a day. Please click the airport link below to find more information. The travel time from Billund Airport to downtown Aarhus is approximately 1 hour and 30 minutes. Tickets are sold on the bus for about 140 DKK. Credit cards are also accepted on the Airport bus: Dankort, VISA, MasterCard, Visa Electron, V Pay, China Union Pay, American Express, or JCB.

[Billund airport](#)



## Travelling to/from Copenhagen airport

Please visit the website for more information on arrivals and departures by plane. To connect trains to Aarhus, please click the DSB link below. Copenhagen Airport is connected to Aarhus Airport/Tirstrup, with many daily departures on weekdays and some on Saturdays and Sundays. The flight takes 35 minutes. A free transit bus in Copenhagen links the International and Domestic airport terminals. Copenhagen Airport has direct flight connections to many international destinations.

[Copenhagen Airport](#)

[DSB](#)

[Aarhus Airport Tirstrup](#)

## Getting to Aarhus by train

Aarhus lies at one of the most important railway junctions in Denmark. There are hourly departures to the north, south, and west. From Southern and Central Europe, the connections are via Hamburg/Flensburg. Travel time from Hamburg to Aarhus is approximately five hours. From Eastern European countries, train connections to Aarhus are via Poland and Copenhagen. Aarhus has hourly services to and from Copenhagen. The opening of the Tunnel under the Great Belt has shortened the journey by one hour, so now the trip takes three and a half hours. There are several daily connections to Sweden, Germany, and the rest of Europe.

Please visit [DSB](#) or [DSB Journey planner](#) to find all your connection route options.

Trains bound for Aarhus railway station leave Copenhagen Airport hourly. The price is about DKK 410 for a one-way ticket (including seat reservation). To buy a ticket at the Copenhagen airport, you should go to the DSB Ticket Sales booth in Terminal 3, just above a rolling sidewalk that takes you down to the train.

## Getting to Aarhus by ferry

Check the [Molslinjen website](#) for current timetables for ferries to Zealand (Aarhus-Odden).

## Getting to Aarhus by car

Aarhus has direct connections to the great European network of motorways, making it easy to get to most European cities. Hamburg can be reached within roughly four hours. There are also excellent roads to most



places in Denmark. For more information, please check the location on the map [MR Research Centre](#), [Hotel GUESTapart](#)

## Getting to Aarhus by taxi

Individual taxi services are available - approx. DKK 600 from Aarhus Airport to Aarhus and DKK 1500 from Billund Airport to Aarhus.

## Getting around in Aarhus

### City busses and City light rail (Letbanen)

Midt Trafik, the municipal bus company, runs the yellow buses and the City light rail. The bus route number is indicated at the front and back of the bus, and the destination is displayed above the rear door.

The light rail directly connects Aarhus railway station and Aarhus University Hospital, just next to Hotel GUESTapart.

All tickets must be bought in advance. [Find more information here](#)

**Remember to buy your ticket before entering Letbanen because you cannot purchase tickets on the bus/train.**