By public transport: At Hannover main station, walk in the direction of Raschplatz/Nordostausgang and take the down escalator. On your right, take the U-Bahn/Stadtbahnlinie 1 in the direction of Langenhagen and get off at the stop Kabelkamp (7 stations). Travel time: 10 minutes.

Coming from the city centre cross Vahrenwalder Straße to the left (in the same direction as the train was heading) and pass the main entrance of the TessnerOfficeBuilding (TOB) to use the passage into the inner courtyard on the left. Cross the courtyard and enter the entrance E/F opposite. The ARL Headquarters is located on the 4th floor, on the right next to the elevators.