

# ACT LIKE A LOCAL

The Norwegian habit of saying  $j\alpha$  (yes) on the inhalation rather than the exhalation during conversation has are proud that the pant machine is a Norwegian caused many foreigners to wonder if it is a common thing to have breathing problems in Norway. It's not. It is a cultural phenomenon – it looks like we are so eager to say "yes" that we must do it with our mind, body and breath. If you get in conversation with a Norwegian, vou will most likely notice this linguistic quirk, because Norwegians love to agree.

#### BE A GUEST LIKE A LOCAL

If you get invited to a Norwegian house party, there are some unwritten rules you should follow. If the invitation is at 18:00, you are expected at 20:00. You are welcomed before, but it will most likely be a painful hour of silence before other guests begin to show up. When you arrive, don't be offended if no one offers you a drink. Unfortunately, the expensive alcohol has made us individualistic and you are expected to bring your own booze. And take off your shoes! We absolutely do not wear shoes inside.

#### RECYCLE LIKE A LOCAL

We've been recycling bottles since 1906, and we invention. Pant means deposit: it's a couple of kroner you pay when you buy your beverage which you get back when you recycle at a supermarket. If you drink in the park on a sunny day, you will meet a pant gatherer, who'll ask for your bottle and keep the money thev get for returning it.

#### **GET AROUND LIKE A LOCAL**

Osloites are sporty people and our preferred means of transport is to walk or to bike. We don't recommend renting the scooters, because the locals love to hate the scooters. Instead, you should rent one of the blue bikes (Oslo busukkel) you see around the city. or if you are here in the summer months, stop by our USE-IT Oslo info desk and borrow one for free.

# PRACTICAL INFORMATION

#### OSLO VISITOR CENTRE

The official tourist information centre in Oslo is Visit Oslo. It is located at the Central Station and here you can stop by for classic tourist tips and brochures.

The currency in Norway is Norwegian kroner (NOK). We mostly pay by card, it is not common to pay in cash. People will look at you as if you were a drug dealer (or worse – a tourist) if you do. Expect to pay between 200 and 300 NOK for a restaurant meal. 40 NOK for a cup of coffee, and around 100 NOK for a beer in a bar. Everything under those prices, we consider as cheap.

## **PUBLIC TRANSPORT**

All public transport in Oslo uses the same ticket: the metro, bus, tram and the ferries to the islands. The price is 42 NOK (lasts one hour) and you must buy the scenario is usually a slightly longer route. ticket beforehand with the *Ruter* app or at a kiosk like

7-Eleven, Narvesen or Deli de Luca. 24h ticket costs 127 NOK, a 7 day ticket costs 352 NOK. Use the Ruter app for information about routes.

### TO AND FROM THE AIRPORT

You can take a bus or an express train to and from Oslo Lufthavn Gardermoen (the main airport), but we recommend the local train: it's almost just as fast. and half the price compared to the airport express train. The local train, run by Vv. is 124 NOK and takes 23 minutes. See vv.no for more information. If you arrive at Torp Airport, you can take the Torpekspressen-buss for 340 NOK or the local train for around the same price to Oslo.

An average taxi ride at night will cost a bit less than 400 NOK. It's cheaper during the daytime. Most drivers will not try to trick you, and the worst case

# USE-IT OSLB INFO DESK

Want more information about Oslo or tips on what BORROW A BIKE

#### FREE TIPS AND COFFEE

Come by for a cup of coffee or tea, print your tickets and connect to Wi-Fi, and ask us for more tickets and connect to Wi-Fi, and ask us for more young travellers are welcome to store their honest and local tips on where to eat, go out and luggage at the info desk for a short period of time. what to see. We also have maps from other USE-IT Keep in mind that you'll have to pick it up again cities. Everything is free!

#### BORROW A HAMMOCK

We have five hammocks and sleeping bags that young travellers can borrow within our opening Wed, 12:00–19:00 hours during the summer. Stop by or send us an email to book your gear and we will give you tips on where to go and where you can spend a night

to do tonight? Visit the USE-IT Oslo info desk at the youth information centre *Unglnfo*. We have two bikes that young travellers can borrow within our opening hours in the summ

# OPENING HOURS: HOW TO GET HERE:



# MEET ME UNDER THE MAGNOLIA TREE

If you, like me, are a lover of all things beautiful, you'll enjoy **Blindern**, the main campus area at the Iniversity of Oslo. Not only do the buildings serve as prime examples of Norwegian modernist architecture, but you'll also find luscious green outside areas for the warmer months. Behind the physics building at southern Blindern is a park overlooking Majorstuen, Fysikkbakken. This park is my go-to spot for picnics and reading, as well as for taking a breather between study sessions. If you're in the mood for exploring, you can look for the yellow nagnolia tree that blooms during summer. POCUS VID BA:

WARY SAKB

## NOT A TOURIST TRAP

Yes, you should visit the biggest tourist attraction in Oslo. The Vigeland Sculpture Park is the world's largest sculpture park made by a single artist. The park itself is stunning, but our favourite spot is the echo-point southwest of the Monolith. The echo-point is now known from the movie Oslo, August 31st by the award winning director Joachim Trier. Which is funny, since there is a saving that Norwegian film is buried under the Monolith. because the municipality back in the day used most of the culture budget on building this park.

#### 3 MORE AMORE

The stereotypical Italian restaurant drapes their tables in red and white tablecloths. This feeling reminds us of that one Disney-movie where the two dogs – the posh one and the hobo – famously shared a meatball. When we want some *amore*, we book a table at Il Colosseo.

# BREWING EXERCISES

Pust inn, pust ut. Breathe in, breathe out. This spot is in fact not a breathing-exercise, but a café. While the air at **Pust** is nothing special (it might even be a bit heavy due to its popularity) this café is the perfect place for drinking coffee and writing that book you have been putting on hold. The atmosphere gives a whiff of procrastination

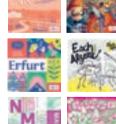
## for the einerhiles.

on stylish, movie chairs at **Hit Vega scene**.

Vant to get the feeling of being a character in Cir. adiso? At **It Frogner Kino** you can watch nal movies in a movie eatre that is built like an old fashioned Italian one Watch Norwegian cinephiles and ayant-garde films

recently renovated premises at Cinemateket.

#### www.use-it.travel







#### TINY TREAT cob Aals gate 54

Havens kafé is the definition of a best kept secret. Hidden among beautiful townhouses and apartments from the 1920s, this tiny café sells quality coffee and delicious baked goods. Their indoor area is cosy and intimate. but the real treat is sitting in their outside seating area, with a coffee in your hands and the sun beaming down

#### 6 STUBBORN HOMEBREW

Oslo Mikrobryggeri has been here since 1989 and is the oldest brew pub in Oslo. The clientele mostly comprises the typical Norwegian beer geeks: middle-aged dudes with beards. They stubbornly only pour their own homeprew beer on tap and their walls are decorated with old Norwegian posters of beer. We recommend an Oslo pils with a bucket of popcorn on the side.

#### 7 LIGHT READING

reses gate 44B If you ever find yourself around Bislett, the independent bookshop Bislet bok is a must. The 17-tram stops almost at their doorstep. In this small (but mighty) store, you can find both great classics and best-sellers hot off the press. They have discounted books all year round, and if you're lucky, they might just have the one that you've been meaning to pick up.

## 8 SHRIMP COCKTAILS AT 3AM

At the culture institution Lorry, you'll find red glowing amps between you and some half-glowing national celebrity. The clientele here might flirt with you in all the wrong ways, and you can easily become a victim of a washed-out celebrity's speech about the good of days. However, if you would like to observe the high and low culture elite in Oslo, or if you have a tendency to crave the perfect shrimp cocktail at 3 AM, you will find this place to be exactly what you are looking for.

#### 9 ROLLERS ON THE RED CARPET

llevålsveien 16A At the crossroads of St. Hanshaugen, you find Rouleur, small bar and café connected to a little bike shop where you can rent out bikes. The term Rouleur is a term used in cycling, meaning rider or roller. From the window seats you can gaze at the rollers of Oslo. Before the end of your glass of wine, you will become acquainted with the latest bicycle innovations; race bikes, bikes with boxes. cargo bikes, three wheeled bike trucks, and of course the occasional classic ones.

#### 10 VISIT THIS PLANET

People who are into astrology will tell you that Mercury is the planet of the mind. At Merkur Bar, you can numb the mind by sipping on their great selection of sake and wine. The spot sports black and white chequered tiles and their nordic design-furniture is populated with wine aficionados. The ambiance has just the right amount of

#### **FAMOUS FERTILISERS**

Do you enjoy thinking about death? At Vår Frelsers ravlund, you can visit the graves of Henrik Ibsen, dvard Munch and other famous Norwegians who you robably haven't heard of. Despite the aura of rotting corpses, this place is a popular detour for people on the Sunday walk. The park itself is beautiful and solemn.

### 12 JAPANESE INTIMACY

St. Olavs gate 7 Who'd have guessed that this anonymous door in a dark basement was like a passage to Japan? Behind it lies Izakaya, where you'll get a variety of otsumami (small dishes) and sake. Other izakaua-style establishments are popping up in Oslo, but this is still the best one. We come nere for the vibe, the obscure Japanese movie posters and the Japanese 80s tunes. It's always crowded, so be



## 

USE-IT is tourist info for young people made by locals, no-nonsense and up to date. Want to be the first to know about new maps? Like us on Facebook: www.facebook.com/USE-IT

Published by USE-IT Oslo in 2024 Chief editors: Ane Sødal and Jakob Borgen Graphic design: Synne Salvesen

#### Aili Nøstvold Fornes Dorđe Mijailović Kaamila Yusuf

Subhan Sohail Ingrid Sande Mathiser Printed by

If you're not attentive, you might walk past this unassuming facade. Bar Robinet is tiny, the interior has a retro feel, the toilet is punk tagged down with a marker and is unapologetically loud and they are blasting out un-

#### 13 DEPEND ON THE INDEPENDENT

We don't have an abundance of independent booksto in Oslo, but the ones we have are great, **Tronsmo** is known for its comic book- and nonfiction sections, and they have a bountiful selection of books in English.

## BRING YOUR BEANIE

Emerging out of grev concrete, Tullinløkka has become the centre of authentic urban life in Oslo. In this area, natural wine is a must, beanies are close to mandatory and you should aim to not blend in. Surround yourself with Scandinavian design and hipster culture at one of the many bars and restaurants, or just take a stroll and check out the light art in the floorings of this quarter.

#### 15 GAY OSLO

ristian IVs gate 12

All genders and preferences are welcome at Oslo's ultimate gay club Elsker. Put on your best dancing shoes and sequins and come dance to Lady Gaga and Euro-

#### GOOD NORWEGIAN FOOD

istian IVs gate 2 Throughout history, the tough Nordic climate has made it hard to access fresh vegetables, affecting the traditional Norwegian cuisine. A traditional Norwegian diet consists of potatoes, sheep, seafood and if you are lucky: reindeer. There are many modernised, fancy and expensive versions of the Norwegian plate in Oslo, but if you want to try the unpolished and traditional one - you should go to **Kaffistova**. We recommend the fish soup (or if you are there on a Thursday, the potato balls).

# Markets

oid you think that the city is at rest just because ne shops close on Sundays in Norway? Think gain! On a sunny Sunday Osloites go for a strol day markets and vintage stores around the ci

Regular Sunday markets: K Vestkanttorget

📙 Søndagsmarkedet på BLÅ M Birkelunden

op up markets (google for location)

#### NEW MUSIC, OLD FORMAT

At the record store **Big Dipper** you'll find a wide selection arranging concerts and exclusive record signings with some of Norway's best new artists, making this an important meeting place for people with a next level interest in music.

#### 18 FALAFEL FRIENDLY

Falafels have become a household meal in Norway and the crunchiest, freshest one is from Gaza kjøkken. They serve it with homemade hummus and a tasty herb salsa. We go here for lunch, dinner and on our way home from the bar to munch. Or just to stop by and see the friendliest face in Oslo behind the counter.

# W URREFREE, Ulbuite literally) (N

As a coffee enthusiast with a passion for art, no other place could fit better as my personal tip. Located at Majorstuen, Sorgenfri (literally meaning carefree) is an artistic space that serves as a concept gallery, a vegan coffee shop and a bar. This place has all the essentials for a happy life: oat milk lattes, natural wine, local art, and the space is perfect for vapping sessions with your besties. Whenever I want to get into a out not the place, because deep down we know

# PORDE BY

#### 19 THE CIRCLE OF PIZZAS

vhere we are gonna end up.

oungs gate 19 Girotondo means "circle" in Italian. When you experience the pizzeria Girotondo, you realise that the circle of life is actually about enjoying a good pizza made by an Italian family who know their tomato sauce. They have managed to create a continuous and delightful cycle of pizzas: from ordering to anticipating, to eating. It will not end with the satisfaction of finishing the slice, because at this place you are doomed to be wanting more, and inevitably you will find yourself returning to their menu.

#### 20 UNAPOLOGETICALLY LOUD

Mariboes gate 7

the sole bartender is nonchalantly in charge. The music known tunes that will surprise you.

# CHEAP BEER SUIDE

ant to know how you reveal that you are a tour st in Oslo? You complain about the alcohol pric There are many places to buy beer in Oslo, but it takes a local to find the cheapest ones. Here are

#### Mastermind Bakgården på løkka Q Luna Park R Bar Babylon

swear to, is to drink store-bought beer in the park This is not legal, so we are not saying you should do it, we're just saying that everyone does it.

## 21 HEY THERE HUMMUS

Mela Café serves meze with beer/wine from the Middle East. This spot is perfect for those who enjoy ordering a bunch of different foods to share and it is served on cute crockery. Do they have hummus? Yes, they do!

# METAL-HEAD PARADOX

Is it good? Yes, it is!

A cosy spot for metal-heads sounds like a paradox, but this is an apt description of Kniven Bar. The origin story is very metal: the owner was stabbed and after the trial he gained some monetary compensation. The money was used to create a space that blasts out doom, trash, prog, sludge and other genres for the noise-lovers.

#### 23 SLURPING BEHAVIOUR terhaus' gate 13

Generally speaking slurping is frowned upon in Norwegian culture, but at Koie Ramen it seems to be tolerated. When approaching the bottom of your bowl you will want to pick it up and gulp down the rest because of the exquisite broth. The decor is minimalistic, but during winter, the walls fill up with coats hanging on the wooden rack. There is also the opportunity to sit by the bar: ideal for the solo-traveller who enjoys their own company.

#### 24 WELCOMING HOLE Møllergata 38A

Are you a wine snob or a wine flop? Either way, the riendly staff at the intimate Bar Lardo will guide you hrough their vast selection of natural wines. Just say "I would like some wine, what do you recommend?" and whether you know everything or nothing about wine, the bartender will give you a taste of the weekly wine selection. This is a rarity in Oslo, so this is exceptional of LP records. They collaborate with labels and musicians service seen from an Osloite's eyes. The small and anonymous bar is like a hole in the wall, but we assure you, it's a very welcoming hole.

#### 25 PLAY YOUR PART

The Fredensborg area is increasingly bustling with small restaurants, bars, and cafes. One of our favourites in this area is Coffee and Cigarettes. The bar offers an intimate space that serves coffee in the mornings and drinks in the evenings. The bar's concept is inspired by the movie Coffee and Cigarettes. Just like in the movie, the bar hosts a random mixture of cool, weird, interesting, and non-interesting people talking about life, ideas, dreams and everything in between. While you're there, you can see the movie play itself out right in front of you.

#### 26 SMALL VENUE, BIG COMMUNITY

Get the feeling of arriving at a friend's house at the West Asian, North African snack bar Baba bar. Here, you will be greeted with live music and concerts with artists presenting genres from all the corners of the world. The venue is small but there's space for everyone at Baba bar.

#### LOCK UP YOUR REGRETS

If you are looking for a place to sing karaoke and you don't want to sing in front of an audience, you can book private rooms for karaoke at Syng. Osloites go here to every closed door, there is a group of drunk people singing out their failed careers as artists. It might be an unsettling picture, but three beers from sober, you'll see the door close behind you, realising that you've already passed the point of no return.

**HOVEDØYA** 

remnants of shit.

a generous selection of swimming- and picnics spots.

monastery from 1147. The ruins are still of archaeological

interest. In 2021 researchers at the University of Oslo

investigated the outhouse to find out what medical

At Hovedøya you also find the ruins of a Cistercian

# 28 MONDAY BLUES!

\_\_\_ Everyone in Oslo has an opinion on **Blå.** With music ranging from jazz, pop, and electronic to underground stoner and doom, the club is a gem for concerts and clubbing. The legendary house band Frank Znort Quartet plays free concerts every Sunday, all year round. It may fuck up your Monday, but Monday isn't a great day

#### 29 BRING YOUR UNCLE

Darres gate 1A Alf is an old-fashioned Norwegian name that has a dated but timeless feel. Alf nabolagsbar (Alf's neighbourhood bar), is kind of living up to its name. It is simple and efortless, but probably not in your neighbourhood. A guy called Alf may give associations to a drunk uncle and at this bar they have cheap beers if you order before 20:00, so bring your uncle.

#### BYE BYE BIRDIE

Waldemar Thranes gate 70 Apent Bakeri Tranen used to be Oslo's most shabby pub. It has kept some of its old brown charm, like the dead birds placed around the room, but added some elements like disco balls and plants to give it more of a festive vibe. The atmosphere here is perfect for studying. If you go, you should definitely order their chocolate scones.

#### 31 SUPPORT YOUR LOCAL WIENER

Since 1979, the twelve-square-metre kiosk Syverkiosken has only had one thing on the menu; hot dogs, Erlend. the owner, serves wiener (Vienna sausage) made from a special recipe, and you can choose from about 20 different toppings ranging from mashed potato to chanterelle stew, as well as 35 types of mustard.

#### 32 GENERATIONAL BIERGARTEN ■ Sannergata 1b

When the sun is out and you are looking for a place to enjoy a good radler, you should check out the sunny biergarten by Akerselva river. St. Pauli Biergarten is part of the nursery home Paulus, which is located on the floors above. At this place, everyone between 1 and 110 years old are welcome to come and enjoy their Pretzels and their occasional concerts. It's open in summer and as long as the weather allows it. Check their Facebook!

# **GRESSHOLMEN**

LANGØYENE

HOVEDØYA

# SUMMER ISLANDS

The largest and most popular island in the Oslo fiord, has Once upon a time the island of grass was inhabited by rabbits. This was prior to the early 2000s rabbit-geno cide when Oslo decided to make the beloved Gresshol men-bunnies extinct. The result is a beautiful island with an abundance of plants and a lack of... Well we are not going to rabbit in. plants were consumed. They are literally searching for the

**GRESSHOLMEN** 

### **LANGØYENE**

Throughout your life you've made some mistakes, but you probably didn't make a junkyard out of a summer paradise. For decades the island was a place where the garbage of Oslo was dumped. The municipality of Oslo has now used 512 million NOK to renovate the island they once ruined, and it has now taken back its original status as a summer paradise. The irony is tangible. Nevertheless, Langøyene is the only island on which you can set up your tent and stay for the night. Enjoy!

# FRONT-ROW TICKETS ~ GARDEN THOUGHTS

Jump on board Oslo's ferries and embark on a maritime adventure. Think you need a fancy cruise ticket? Think again! The same ticket that gets you onboard the buses and the metro in nainland Oslo unlocks front-row tickets to the fjord's finest islands. Be warned though, sunny days turn these peaceful islands into hotspots and finding a free spot to chill is not easy. I'll give you a secret though - sometimes, I don't bother getting off the boat at all. Instead, I grab a spot on deck to enjoy the view and to soak up the sun Remember to get off because it only takes an hour before you're back in the citv.

# LDEAL TIP BY:

ACCEPTED APPLE SCRUMPING The garden **Geitmyra skolehager** is a hidden oasis at Sagene. The garden bursts with vegetables, plums, apples and flowers, depending on the season you are visiting. The garden is mainly reserved for the pupils of the Oslo school to grow vegetables and plants, but it also works as a meeting space for activities and events. It's free and

open to the public every day until 16:00.

P.S. Fallen fruit can be scrumped.

#### 34 COMFORTABLY NUMB

In the middle of a busy street under an apartment building lies the Chinese restaurant Szechuan Chengdu. Ask for the not so secret "secret menu". In truth they might give you this menu regardless. On it you find traditional cuisine from the Szechuan province. This style of Chinese food relies heavily on the distinct flavour of Szechuan peppers, a funky spice that offers a slight numbing sensation that probably might release some endorphins. The dishes Mapo doufu and Gong Bao Ji Ding have the USE-IT-seal of approval. Some days they make dumplings and will ask you if you want to order some. Say "yes please"!

## LUCKY YOU Trondhaims ...

You are truly lucky to discover Lucky Eddie. This second hand book and vinyl shop is a hidden gem for anyone with the slightest interest in literature and music. Forget about expensive chains and commercial "booktok" sections, at this shop you will find a variety of books. literature, CDs, DVDs and vinyl at a surprisingly low price. This is the place for the lucky ones!

#### 36 BREAKFAST BURR(EK)ITO

The Adriatic café is a family-owned Balkan restaurant that loves boats. The warm and cosy atmosphere has a homey feel to it, especially if your home is decorated with boats. For breakfast you can indulge in *Bureks* filled with feta and spinach. For dinner we recommend the Cevapi, meat rolls accompanied by Kajmak (a Serbian cream cheese) and fries. It's all smooth sailing in this restaurant.

#### 60 000 BODIES

Have you ever chilled in a park with humans and ghosts? Sofienbergparken might be known as a chillout summer-spot, but during the 1800s it was one of Oslos largest gravevards. The sunbathers, readers and drinkers filling up the park are probably unaware of the 60 000 bodies lying beneath the green grass. Creepy? No! They're enjoying the park as well! Lean back with the crowd, living or dead, and enjoy Sofienbergparken and everything it has to offer.

# FRIENDLY WALK-IN-CLOSET

When a road-side basement was available for rent, three friends saw the opportunity to create a place they sorely missed in Oslo: a small, cosy vintage shop. Visiting Oslo **Superstore** is like entering the walk-in-closet of three vintage-loving friends, so enter.

CHRASER

Hva skier? What's up?

Unnskyld? Excuse me

Hae? What are you talking about

Du er rar You're weird (in a good way)

**O**/? Would you like a beer?

# 46 ARTSY MOUNTAIN

local real estate mogul and the municipality of Oslo decided to turn into a sculpture park. The view from Ekebergparken is spectacular. It even gave Munch him self inspiration for The Scream.

Our most famous painter, Edvard Munch, got a new

Bjørvika. We think the building resembles a funky crash barrier, others think that it's a visionary building that

pays homage to Munch's disruptive art. Either way, the

building gives you thirteen floors of Munch's best art.

home in 2021 when the Munch Museum moved to

PS. On Wednesdays after 18:00, entrance is free.

#### CONSTELLATION OF Z'S

Halvards gate 33 ZzZzZz is the constellation of Z's used to express the sound of sleeping. However, if you employ two Z's and put them in between the name "Pia", you can spell out the word Pizza. ZZ Pizza has the most Z's and the best pizza dough in town. Later, when you fall asleep, you will dream about their pizza. ZzZzZz

you find peace.

The **Botanical Garden** really feels like the people's You know when the conversation stops during a meal garden. We respect the plants and flowers as if they because the food is so good? This is the experience the were our own, and we lie down in the grass as if we were local bar Preik will give you. The name of the bar actually means "talk" in Norwegian dialect, and the food here alone. To set the mood, put on *Botanisk hage* by the will both make you stop and start talking. Norwegians Norwegian pop artist Cezinando and ponder the idea of a human-made, perfectionist garden while trying to love bread and many of us could eat bread for every meal we have during the day. Whether it is for breakfast block out the big city's, human-made, noise. We hope

48 NOW WE ARE TALKING

. Halvards gate 2

topped with chives.

49 CUTE CRAWL

■ Schweigaards gate 53–60

room with a cocktail menu.

lunch, dinner or evening food - you get the best sand-

wich at this neighbourhood bar. We highly recommend

ordering the portobello sandwich with cashew cream

Pub crawls are often stressful and chaotic, but they don'

recommend dropping by Schweigaardsgate. In this street you encounter a lovely trio of chill and authentic bars:

Arv Kaffe & Retro sells old stuff while pouring coffee

VIALEBI BABY VVV

Madina Sweets is my family's symbol of cele-

bration and tradition. This is the place I bring

my friends to show them real Pakistani culture.

event in my family, whether it is a wedding, a

birthday or when I obtained my driver's licence.

we go to this lovely shop for their sugary curly

fried dough *jalebis* or the fudgy candy *mithai*.

recommend to visit Madina Sweets, because

this is more than just a dessert shop – it's the

Once a gas station, then a break room for the mechanics

Oslo is a tiny coffee shop at Galgeberg that serves coffee

now a functionalist building people can enjoy. Kiosk!

Senegal has arrived at Tøyen! The restaurant Njokobok

that serves Senegalese food. If you are new to the cuisine, we recommend ordering mborokhé. Don't google

f this delicious leaf-based stew. Pair it with their ginger

lice for a refreshing and nourishing meal. Njokobok

the feeling you get when you go to this low-key neigh-

Kampen, a stone's throw away from Oslo central station

trades the grey city life for colourful cosiness and charm

Don't get lost (actually, do!) among the wooden houses

church. We recommend getting one of their fresh carda-

neighbourhood café, **Farine**, tucked next to the landmark

and narrow streets. While you're at it, visit the cosy

means "We share it, you're welcome" and that is exactly

has popped up as one of the few restaurants in Oslo

core of our family's joyous occasions.

THE WORLD'S SMALLEST CAFÉ?

made by one of Oslo's best baristas.

WE SHARE IT, YOU'RE WELCOME

LOSAL TIP BY

a.k.a. my culture. Every time there is a significant

and drinks and 51 Cafékontoret feels like a 60s living

have to be. If you are looking for a cute pub crawl we

Klosterenga kafé offers a hip slacker-atmosphere.

## ME SO(B) BUDGET FRIENDLY

Amongst the streets of the multicultural Grønland. you find a hidden little gem of African cuisine. Mesob Restaurant serves Eritrean food and a large portion of spice for a small portion of money. It seems like all the budget for the interior was used on the flashing Ipad-looking menu. Kinda tacky, but we like it.

#### GOOD COOKING, GOOD LOOKING agangen 1, Lilletorget 1

Due to high prices, most Norwegians cook their dinner at home. Save money and buy groceries at **Grønlands Torg**. The store has a great selection of both imported and locally produced vegetables, as well as fruits and spices The groceries are sold at a relatively good price, often cheaper than the normal franchise grocery stores. For those particularly interested in seafood, we recommend 42 Flyvefisken Fiskebutikk, a five-minute walk from Grønlands Torg. This is one of the few shops in Oslo that sells fresh octopus, squid and scampi that are not boiled Good cooking!

# BRIGHT BLUE WALL

It is fair to say that Brugata street has a reputation for being a bit shabby, grey and filled with drug dealers and drunkards. However, this does not mean that you should shy away it. Lighting up the otherwise grey surroundings, you will find a bright blue wall, with the sign Evita Espressobar in neon letters. Behind these walls you find a local café that has served coffee since 1997. A cup of coffee at this café might very well be the highlight of a

### THE HOUSE OF THE PEOPLE

Deichman Biørvika is one of the most modern libraries in Europe. Throughout its six floors of literature, the library houses thoughts, ideas, science and poetry from all parts of the world. The building might come off as massive and cold, but in reality, it accommodates a homely sensati of warmth and comfort in its many cosy reading nooks and inviting study areas. Surrounded by local art, you can enjoy a good book on the top floor, while glancing at the Oslofjord

#### t though, the appearance says nothing about the taste VEGAN FOOD SUIDE

dishes, but there are also many restaurants

# Cultivate food (Varied cuisine)

X Hakuna matata (Ethiopian)

MUNCH'S NEW HOME

Nordvegan (Varied cuisine) V Tunco (Asian) Little Pickle (locally produced simple food)

### 55 BOLLYWOOD IN YOUR BELLY

oourhood restaurant.

54 BUN INTENDED

We are very sorry to all the chickens out there, but one course that makes it difficult to commit 100% to the vegetarian lifestyle, is the Lahsuni Chicken Tikka from Chowk. It is not only the food that will make you drool at this place: the aesthetics here are clearly put togethe by someone with good taste – combining bollywood posters and pink neon lights.

## BREWS, BEATS AND BATHS

Between old town Oslo and the woods, you find Kruttverket, a cultural hub. The building has existed since the 16th century but was recently renovated to become a cosy café by day and a lively bar at night. Lose yourself in its vintage charm and be a part of a buzzing community that hosts artsy events. They also have a sauna in the blend of brews, beats, and baths

# JEDRINK LIKE AN ARTIST N

I know a bar that is cool, but has a cringe name.

Art bar is my go-to bar when I want to grab a beer with friends. Not only because it is one of the few places that I'm legally allowed to enter as an 18-year-old, but also because it feels like entering an artist's studio that has a colourful and laid-back atmosphere. To support the regular drinking of artistic people, they will give you a discount if you work within the creative field. But no worries, everyone and their dog are welcome at this bar. Next time you want to feel like an artist, or just drink like one, you should stop by Art bar!













