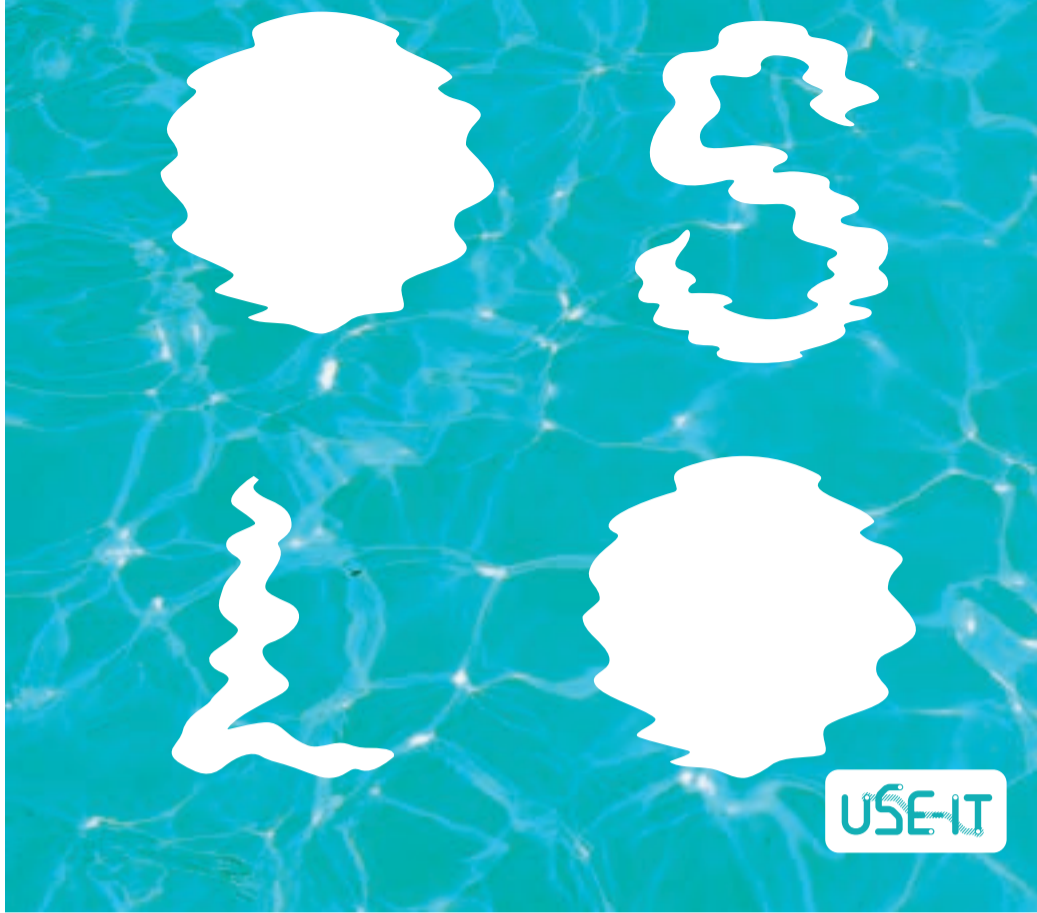


FREE MAP · FOR YOUNG TRAVELLERS · MADE BY LOCALS



USE-IT

ACT LIKE A LOCAL

AGREE LIKE A LOCAL
The Norwegian habit of saying *ja* (yes) on the inhalation rather than the exhalation during conversation has 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, you 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.

PRACTICAL INFORMATION

OSLO VISITOR CENTRE
Jernbanetorget 1, Østbanehallen
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.

MONEY
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 ticket beforehand with the Ruter app or at a kiosk like

RECYCLE LIKE A LOCAL
We've been recycling bottles since 1906, and we are proud that the pant machine is a Norwegian 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 gath-erer*, who'll ask for your bottle and keep the money they 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 bysykkel*) 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.

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 Vy, is 124 NOK and takes 23 minutes. See vyno.no for more information. If you arrive at Torp Airport, you can take the Torp-ekspres-buss for 340 NOK or the local train for around the same price to Oslo.

TAXI
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 scenario is usually a slightly longer route.

- Café
- Eat
- Drink
- See/do
- Shop
- USE-IT Oslo Info Desk
- Oslo Visitor Centre
- View point
- Bathing places
- The Wine Monoply
- Bike routes
- Metro
- Ferry
- Bus terminal
- Train station



ODE TO WATER

The stereotypical tourist-image of Norway is reminiscent of the national romantic paintings hanging at Nasjonalmuseet. You might be visualising that image right now: fjords, rivers and melting ice trickling down the mountain tops. Water is constantly flowing through the land and hikers will drink anything that's in motion. Norwegians are proud of their drinking water: it's clean, refreshing and the first thing we miss when going abroad. When we're home we're selfishly keeping our taps running. Why? We may be greedy, but in truth we are doing it because we can. Or so we thought.

Currently 90 % of Osloites get their water from Mardalsvannet, but this may not be sustainable. In order to keep our water consumption safeguarded, Oslo began to blast and drill and dig. Who did the drilling? Anne Brit, Betzy and Laila. The baptised tunnel drilling machine Betzy is approximately 320 metres long and in her spare time she enjoys gobbling up the mountain side. The hope is that this will allow for the continuation of flowing fresh water in Oslo.

Let us stop for a minute and catch our breath. Putting our wobbly heads under a sink can be an exhausting endeavour, and water consists of more than just oxygen. So we find a halt in salt and stop by the seaside. In Norway, nature belongs to everyone, including the coastline. Tourists might smirk when they hear that their roaming- and swimming rights are protected by a legal term called *Allemannsretten*. This allows you to walk and swim wherever you want, kinda. There's the occasional dispute with private owners, but generally speaking, if you're in the zone, you have the right to roam. Tjuvholmen, Bygdøy and Sorenge are great swimming spots. If you are searching for a pond, visit Brekkedammen.

HOW TO KNOW WHERE TO GO

- OSLO**: In Oslo, every place has a name. Sometimes even more than one. We have 15 boroughs, and like little babushka dolls, they all contain a multitude of more specific toponyms for smaller districts. You'll find these names in bigger print on the map. Let us guide you through them and show you how to know where to go:
- BYGDØY**: Old villas, museums, snobs and swimming
- FROGNER**: Embassies, fur coats and little dogs
- MAJORSTUEN**: Spacious streets, lots of trees, authentic
- BISLETT**: Venerable villas in wood, students, swimming pool and sports stadium
- FREDENSBORG**: Fancy, urban, wooden houses and wine bars
- ST. HANSHAUGEN**: Park life, young adults, natural wine and expensive coffee
- SAGENE**: Sawmill industry, calm vibes and breweries
- GRÜNERLØKKA**: Gentrified hipsters, vintage shops and concept bars
- GRØNLAND**: Multicultural mosaic, international food and lively atmosphere
- RODELØKKA**: Wooden houses and allotment gardens
- TØYEN**: Apartment buildings, graffiti walls, festivals and parks
- KAMPEN**: Artists in tiny, colourful, wooden houses
- GAMLEBYEN**: Last bit of the real Oslo with ruins from medieval times
- BJØRVIKA**: Business area, normcore and modern

USE-IT OSLO INFO DESK

Want more information about Oslo or tips on what to do tonight? Visit the USE-IT Oslo info desk at the youth information centre *UngInfo*.

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 honest and local tips on where to eat, go out and what to see. We also have maps from other USE-IT cities. Everything is free!

BORROW A HAMMOCK
We have five hammocks and sleeping bags that young travellers can borrow within our opening 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 under the stars.

BORROW A BIKE
We have two bikes that young travellers can borrow within our opening hours in the summer season. Leave your ID (or luggage) as a deposit.

STORE YOUR LUGGAGE
Young travellers are welcome to store their luggage at the info desk for a short period of time. Keep in mind that you'll have to pick it up again within our opening hours.

OPENING HOURS:
Mon–Fri, 12:00–17:00
Wed, 12:00–19:00

HOW TO GET HERE:
Find us in Mallergata 3D, a five-minute walk from the central station.

@useit_oslo USE-IT Oslo

