



OSLO

Free map
For young travellers
Made by locals

USE-IT



NOT LIKE A LOCAL IN SUMMER



NOT LIKE A LOCAL IN WINTER

Bring beers, and sunbathe in the parks. You will see people hanging out in the parks all day.

Swim! You can swim within a six minute walk from the Central Station. Look for the swimming person on the map for good swimming spots.

Take the ferry to the islands.

Osloites are sporty people and our preferred means of transport is to walk or to bike. Rent the **blue bikes** (*Oslo bysykkel*) you see around the city, or stop by our **USE-IT Oslo info desk** and borrow one for free.

If it rains when you are here, go to the indoor skating park **skur13**. It is open for everyone interested in rolling activities, and the entrance is free from 14:00 to 18:00 on weekdays. You can also borrow equipment for free!

A Norwegian saying is that we are born with skis on our feet. At **BUA** you can rent skis for free, and see if it is true for you too.

If you want to jump-start your immune system, book a sauna at **Sukkerbiten** and go ice bathing.

Go sledding in the 2,6 km slope of **Korketrekkeren**.

Even though cleats are a great tool for tackling icy streets, we like to do it the hard way and have spent years practising our penguin-technique for balancing the icy roads. If you want to act like a local you can skip the spikes, but if you want to be safe — use them.

Dress in layers! We might look like we are wearing normal clothes, but we are in fact dressed in layers of wool from top to bottom.



practical information

PUBLIC TRANSPORT
All public transport in Oslo uses the same ticket; the metro, bus, tram and the ferries to the islands. A single ticket costs 44 NOK. Use the Ruter app to buy tickets.

TO AND FROM THE AIRPORT
You can take a bus or an express train to and from Oslo Lufthavn Gardnøen (the main airport), but we recommend the local train run by Vy! It's almost just as fast and half the price compared to the airport express train, that is 129 NOK vs. 252 NOK.

MONEY
The currency in Norway is Norwegian kroner (NOK). Mostly pay by card, it is not common to pay in cash.

If you do use cash, people will look at you as if you were a drug dealer (or worse: a tourist). Expect to pay between 200 and 300 NOK for a restaurant meal, 45 NOK for a cup of coffee, and around 110 NOK for a beer at a bar.

TAXI
An average taxi ride at night will cost a bit less than 450 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.

OSLO VISITOR CENTRE
Jernbanetorget 1, Ostbanehallen
The official tourist information centre in Oslo is Visit Oslo. Stop by for classic tourist tips and brochures.

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, 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 underneath 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 your 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 to 17:00
Wed 12:00 to 19:00


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

**Café**

**Eat**

**Drink**


**See/do**


**Shop**


**USE-IT Oslo Info Desk**


**Oslo Visitor Centre**

**View point**


**Bathing places**

**The Wine Monopoly**

**Metro**


**Bus terminal**

**Train station**

**Ferry**


**Walks**

**10 min walk**


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**USE**

cheap eats

Brugata 3a / Grønland 24 / Storgata 25 / Frøgnerveien 9D

- King falafel:**
Mama falafel (99 NOK)
- Punjab Tandoori:**
Kylling curry (109 NOK)
- Bánh Mì Cousins:**
Crispy baguettes (129 NOK)
- Corral's Tacos:**
Birria taco (65 NOK for one)

lost in translation

Norwegians aren't always the most straightforward communicators, so even if you understand their words, you might miss what they mean. Here's a couple of tips to help you interpret their way of speaking:

Good	Bad
Pretty good	Fine
Alright	Good
Not bad	Amazing
Amazing	You're talking to a foreigner

norwegian shopping cart

Here you'll find diverse products that have a Norwegian origin. For you, the grocery cart might be a treasure trove of 'what is that?' and 'are we really eating this?'. We can't promise that you will enjoy it, but at least you can brag about trying canned fish to your friends.

Kaviar (Caviar)	31,00
Makrell i tomat (Canned mackerel in tomato sauce)	32,00
Brunost (Brown cheese)	29,00
Melkesjokolade (Milk chocolate)	62,00
Laks (Salmon)	189,00
Fiskeboller (Fish balls)	89,00
Grandiosa (Frozen pizza)	64,00
Smågodt (Swedish candy)	47,00
Vestlandslefsa (Pastry with cinnamon filling)	15,00
TOTAL:	558,00
	=====



markets

Professor Dahls gate / Ingens gate / Selidsgata 23B

Did you think that the city is at rest just because the shops close on Sundays in Norway? Think again! On a sunny weekend, Osloites go for a stroll. Grab a cup of tea and check out some of the many Sunday markets and vintage stores around the city.

Weekend markets

- Vestkanttorget**
Open Saturdays
- Søndagsmarkedet på BLÅ**
Open Sundays
- Birkelunden marked**
Open Sundays

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local tip!

Kirsten Flagstads plass 1 / Anne-Cath. Vestlys plass 1 / Sofenbergsgata 14 / Myralekka

If you're not careful, you might end up spending 20 NOK trying to use the toilet in Oslo. Luckily, we do not gatekeep. Look for the symbols in the map to find these free (and nice!) facilities:

- Operaen**
- Deichman**
- Sofenbergparken**
- Myralekka**

spill the tea

Torggata 7 / Kirkeveien 60 / Kirkegata 30

Oslo's bubble tea spots are a sweet escape from everyday life. If you like the bubbling sweetness yourself, we recommend these three spots.

AtBay
for authentic homemade bubble tea

Toaland
to sit down

Nice To Meet U
to grab a sip of Asia on the go

local tip!

HANGOVER ANTIDOTE
Sarkedalsveien 10

Have you been partying all night and are in desperate need for a hangover cure that's better than aspirin? **JONK** serves rich and tasty smash burgers that have a close-to-revolving overdose of grease (which is the main ingredient of the antidote). Place your order and feel the hang-fever disappear after one bite of this prescription-free medicine.

BREWING EXERCISES
Hemdalveien 2

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 and caffeine.

READY, SET, MATCH!
Kirkveien 20

Do you want to embody your inner Serena Williams and master the art of tennis? On the west side of Oslo, nestled between Vigelandsparken and Bogstadvæien (one of Oslo's most famous shopping avenues), lies **Frogner Tennis**. With student-friendly prices, you can simply book a court through the MATCH app, and rent rackets and shoes at the facility. Step onto the court and serve a slam-master backhand.

REWIND TIME
Bøgdy allé 39

Are you searching for an independent boutique cinema for your evening out? Then we have just the place for you: **Gimle Kino**. Opened in 1959, this cinema continues to showcase European arthouse films and the occasional blockbusters. After watching your film, you can visit their quaint café, enjoy a glass of wine, and ask yourself whether that French film was deeply profound or just subtitled.

DO(N'T) JUDGE A BOOK BY ITS COVER
Brynjulf Blass 3

Nasjonalmuseet houses a versatile and extensive art collection; Munch's *Scream*, glimpses of the fashion world, and the *Blidsloh Tapestry*. The building itself is highly criticized for its exterior. The cold, grey shell is said to be unworthy of the historical and modern cultural pearls you'll find inside. Whether you are an architect critic or someone who values inner qualities over outer appearance, the museum caters to diverse interests with its wide range of exhibits. If you aim to fully immerse yourself in this world of art, we recommend you set aside a good amount of time.

OSLO'S BOULEVARD
Henrik Ibsens gate 26

We don't usually recommend Karl Johan's gate (because it's a commercialized tourist trap), but it is likely that you will end up there. When you're there, pay attention to the **silver-plated quotations** from Henrik Ibsen embedded in the pavement. They trace the famous playwright's daily passage: from the quiet confines of Ibsen Museet to the Grand Café. Although the café still carries the same pretentious air as in Ibsen's time, it was a place where he was a regular fixture, reputedly entering precisely at noon each day. Perhaps such venues are exactly the ones to be sought out if you want your quotes engraved in the most famous street of Norway.

local tip!

MEGALOMANIAC DOOR POLICY
Grimelundsveien 8

In the outskirts of Oslo you'll find a dark vaulted room completely covered with erotic murals. **Emanuel Vigeland's mausoleum** is the mausoleum of the famous sculptor Gustav Vigeland's allegedly crazy younger brother. There are no windows in this tall building and were it not for the 20 astonishing seconds of echo, it could potentially feel claustrophobic. Emanuel's urn is placed above a tiny door by the entrance, so you have to bow to get access. This megalomaniac door policy is fitting for a jealous brother.

MAMMA MIA MEETS VIKINGS
Strømsborgveien 57

On a hot summer day, **Huk** is the go-to spot for Osloites seeking that Mediterranean vibe. With the exception of the water being so freezing that it causes hypothermia (might be an exaggeration, but you will feel like a viking). However, if you venture as far northwest as you can, you'll find a naturist (aka nudist) beach. Do whatever you want with that information! Go for a dive and get the feeling of the *Mamma Mia* life in Oslo!

INFAMOUS ANGRY BOY
Nobels gate 32

Filled with stone carvings of naked human beings, **Vigelandsparken** is a free-for-all sculpture museum. The park symbolizes every aspect of human life: the prolonged, yet short-lived life where the purpose of naked sculptures is to preserve a timeless character. It is also the residence of the infamous *Sinnataggen*, or in English, *Angry Boy*. This little boy has been through a lot in his lifetime: vandalism, people constantly wanting to hold his hand, and kidnapping. Even though he is a crowd-pleaser, we think he has valid reasons to be angry.

STUBBORN HOMEBREW
Bogstadvæien 6

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 homebrew beer on tap and their walls are decorated with old Norwegian posters of beer. We recommend an Oslo pilz with a bucket of popcorn on the side.

HOLE IN ONE
Industriergata 26

With caddies at your service and a pink cheetah printed golf cart in the corner, **Underground minigolf** is the place you can go boogie with drinks and pizza. With three different courts you can practice your hole-in-ones while channelling your inner Tiger Woods. Or, if you want to blend in with the locals, you might want to channel your inner Viktor Hovland.

THE GIRL NEXT DOOR
Ullevåstveien 6

In the historic veterinary facility, with a view over Idioten park (literally meaning The Idiot park), you'll find the new it-girl, **Jubel**. It is a place where the barstool meets the dinner plate. Their dynamic menu changes frequently, which means you can only see it on the chalkboards behind the bar. During summer, it transforms into a Scandinavian garden party with drinks, tent and simple food.

VISIT THIS PLANET
Bjerregårds gate 5A

People who are into astrology will tell you that Mercury is the planet of the mind. At **Merkur Bar** you can enter a parallel universe 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 by wine-aficionados. The ambience and vibe has just the right amount of pretentiousness.

A SLICE OF ITALIAN WARMTH
Kongens gate 7

It is difficult to find the true Italian pizza experience in Oslo, but **Vesuvio** manages this task. With carefully chosen ingredients put together with passion, this establishment serves authentic Neapolitan pizza. Vesuvio is the name of the iconic volcano near Naples, and the restaurant gives slices of Italian warmth even on the coldest Nordic days.

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 *izakaya*-style places are popping up in Oslo, but this is still the best one. We come here for the vibe, the obscure Japanese movie posters and the Japanese 80s tunes. It's always crowded, so be early or be patient.

BRING YOUR BEANIE
Kristian Augusts gate 11

Emerging out of grey concrete, Tullinløkka has become the centre of authentic urban life in Oslo. In this area, beanies are close to mandatory and you should aim to not blend in. Grab a glass of natural wine at **Bece** or take a stroll and check out the light art in the floorings of this quarter.

LIGHT READING
Thereses gate 44B

If you ever find yourself around Bislett, the independent bookshop **Bislett 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.

EAT, READ, WASH, REPEAT!
Underhaugsveien 2

Are you a bookworm with a pile of laundry and a growling stomach? Worry no more. **Café Laundromat** is a combined laundry, restaurant and library. It sounds strange but it's surprising how convenient it is to indulge in their delicious flapjack pancake while your socks are being washed. Snuggle into one of their cozy couches with a book of your choice and wait peacefully for your laundry to finish!

O ROMEO, ROMEO...
St. Hanshaugen park

You may already have a notion of Oslo through the multi-award nominated drama-comedy *The Worst Person in the World*. With a view over the Oslofjord from the top of **St. Hanshaugen park**, the film captures the moment Eivind and Julie instantly fall in love, a modern-day Romeo & Juliet (minus the family vendetta). Visit this iconic Oslo spot with your fling, situationship, or significant other, and recreate the romantic scene. Or simply enjoy the park with a friend!

local tip!

HEAVEN OF HELL
Startingsgata 8

Far down in the basement, near one of Oslo's busiest streets, the heaven of hell is located, a little bike shop where you can rent bikes. A common hipster cliché is bikes and natural wine, and in this area, people are big on both. Before the end of your wine glass, you will, from gazing out the window, become acquainted with the latest bicycle innovations. You will catch an eye on race bikes, bikes with boxes, cargo bikes, three wheeled bike trucks, and of course the occasional good ol' classic ones.

SOUNDS GOOD
Grensen 8 / Møllergata 23

Oslo isn't your typical clubbing destination, but if you want to go clubbing, you should go to **Jaeger**. The regulars appreciate music being played through a world-class sound system and acknowledged DJs.

PLAY YOUR PART
Fredensborgveien 22A

The Fredensborg area is increasingly bustling with small restaurants, bars, and cafés. One of our favourites in this area is **Coffee and Cigarettes**. 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.

YOU LICK IT YOU BUY IT
Bernt Ankers gate 4b

The selection at Cappellens forslag is carefully curated by the two owners, that in some literary twist of fate both share the last name of the bookshop. The shelves contain both fiction and non-fiction, and the occasional peculiar item, such as philosopher Peter Wessel Zapffe's emergency rations of chocolate from 1960. Remember the sign by the door; You lick it, you buy it!

MAKE NEW FRIENDS... OR LOOSE OLD ONES
Kongens gate 7

How do you get your introverted friends to go out? Lure them with games! And **Spilloteket** has plenty. From simple and social to complex and crunchy, this boardgame bar has got you covered. If you've ruined too many friendships by winning at Monopoly, you can stop by on Wednesday, when you can meet people looking for players.

BLIND DATE WITH A MOVIE
Dronningens gt. 16

When you've spent your day (and your legs) walking 'round town, stop by **Cinemateket** for a movie and a pitstop. Special tip: once a month, typically the first Sunday each month, they host "troll i eske", or Jack-in-the-box, where the movie shown is kept deliciously secret until it starts. With movies ranging from the brilliant to the weird, and we mean really weird, you won't leave there unchanged. And isn't that what art is supposed to do?

MONDAY BLUES
Brenneriveien 9C

Whether you're a jazz lover or a techno fanatic, **BLÅ** is your ticket to experiencing Oslo's vibrant music culture. Here you will find DJ sets featuring global stars like Berlin's Habibi Funk and their legendary house band Frank Znort Quartet that plays free concerts every Sunday, all year round. It may fuck up your Monday, but Monday isn't a great day anyway.

JAPANDI NOODLES
Maridalmsveien 9A

Japan met Scandinavia in Maridalmsveien and a long-standing friendship was established. **Hrimir Ramen** is the definition of "Japandi". Just as the Japandi style, the place is fusing Japanese traditions with simple Nordic ingredients, resulting in ramen bowls of perfection. The restaurant often gets quite packed after work, and since you cannot book a table, visiting during continental dinner time is recommended.

BRING YOUR UNCLE
Dannes gate 1A

Alf is an old-fashioned Norwegian name that has a dated, but timeless feel. **Alf nabolagsbar** (meaning Alf neighbourhood bar), is kind of living up to its name. It is simple and effortless, but probably not in your neighbourhood. A guy called Alf may give associations to a drunk uncle and have the same effect on you as if you order before 20:00, so bring your uncle.

PERFECT MEDIOCRACY
Hausmanns gate 29

You have not experienced the casual nightlife in Oslo without visiting **Café Sara**. Don't get us wrong, it's not a fancy place, and there's really nothing special about it. However, Oslo has made up its mind. This has always been the ultimate go-to place for locals. Maybe because of its predictability and the fact that it's always open, even on holidays.

local tip!

ROLLERS ON THE RED CARPET
Ullevåstveien 16A

At the crossroads of St. Hanshaugen, you find **Rouleur**, a small bar and café connected to a little bike shop where you can rent bikes. A common hipster cliché is bikes and natural wine, and in this area, people are big on both. Before the end of your wine glass, you will, from gazing out the window, become acquainted with the latest bicycle innovations. You will catch an eye on race bikes, bikes with boxes, cargo bikes, three wheeled bike trucks, and of course the occasional good ol' classic ones.

BEST OF BOTH WORLDS
Vergelandsveien 29

Whenever I want to live out my literary fantasies, I go to **Litteraturhuset**. I even bring my bibliophobic friends, for this place caters to all tastes, both literary and culinary. While the other bookworms and I dig through their well-stocked shelves, the streetwise who are "too busy" for reading can enjoy a beer, coffee or snacks in their café. If books alone can't save you and you want to hear from the people behind the words and see how the sausage gets made, they can dish up events with authors from all over the world. Depending on the event, you'll need to buy tickets in advance, but you might even score yourself a signed copy...

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local tip!

WELCOMING HOLE
Møllergata 38A

Are you a wine snob or a wine flop? Either way, the staff at **Bar Lene** will guide you through 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. From an Osloite's perspective, this is exceptional service. The small and anonymous bar is like a hole in the wall, but we assure you, it's a very welcoming hole.

OYSTERS IN YOUR POCKET
Fredensborgveien 22A

When the band Royal Otis sings the song *Oysters in my pocket*, you can't help but wish there would be some truth to it. Unfortunately, oysters often have the effect of emptying one's pockets. Therefore, we present to you the perfect oyster bar, **EFF EFF**. Their wine selection has a local focus on anything biodynamic and ecological and they sell oysters from near and far. And the best part: on Sundays they get rid of the oysters they have left over for a nice price.

PLAY YOUR PART
Fredensborgveien 22A

The Fredensborg area is increasingly bustling with small restaurants, bars, and cafés. One of our favourites in this area is **Coffee and Cigarettes**. 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.

YOU LICK IT YOU BUY IT
Bernt Ankers gate 4b

The selection at Cappellens forslag is carefully curated by the two owners, that in some literary twist of fate both share the last name of the bookshop. The shelves contain both fiction and non-fiction, and the occasional peculiar item, such as philosopher Peter Wessel Zapffe's emergency rations of chocolate from 1960. Remember the sign by the door; You lick it, you buy it!

MAKE NEW FRIENDS... OR LOOSE OLD ONES
Kongens gate 7

How do you get your introverted friends to go out? Lure them with games! And **Spilloteket** has plenty. From simple and social to complex and crunchy, this boardgame bar has got you covered. If you've ruined too many friendships by winning at Monopoly, you can stop by on Wednesday, when you can meet people looking for players.

BLIND DATE WITH A MOVIE
Dronningens gt. 16

When you've spent your day (and your legs) walking 'round town, stop by **Cinemateket** for a movie and a pitstop. Special tip: once a month, typically the first Sunday each month, they host "troll i eske", or Jack-in-the-box, where the movie shown is kept deliciously secret until it starts. With movies ranging from the brilliant to the weird, and we mean really weird, you won't leave there unchanged. And isn't that what art is supposed to do?

MONDAY BLUES
Brenneriveien 9C

Whether you're a jazz lover or a techno fanatic, **BLÅ** is your ticket to experiencing Oslo's vibrant music culture. Here you will find DJ sets featuring global stars like Berlin's Habibi Funk and their legendary house band Frank Znort Quartet that plays free concerts every Sunday, all year round. It may fuck up your Monday, but Monday isn't a great day anyway.

JAPANDI NOODLES
Maridalmsveien 9A

Japan met Scandinavia in Maridalmsveien and a long-standing friendship was established. **Hrimir Ramen** is the definition of "Japandi". Just as the Japandi style, the place is fusing Japanese traditions with simple Nordic ingredients, resulting in ramen bowls of perfection. The restaurant often gets quite packed after work, and since you cannot book a table, visiting during continental dinner time is recommended.

BRING YOUR UNCLE
Dannes gate 1A

Alf is an old-fashioned Norwegian name that has a dated, but timeless feel. **Alf nabolagsbar** (meaning Alf neighbourhood bar), is kind of living up to its name. It is simple and effortless, but probably not in your neighbourhood. A guy called Alf may give associations to a drunk uncle and have the same effect on you as if you order before 20:00, so bring your uncle.

PERFECT MEDIOCRACY
Hausmanns gate 29

You have not experienced the casual nightlife in Oslo without visiting **Café Sara**. Don't get us wrong, it's not a fancy place, and there's really nothing special about it. However, Oslo has made up its mind. This has always been the ultimate go-to place for locals. Maybe because of its predictability and the fact that it's always open, even on holidays.

local tip!

CRANE FOR MORE
Waldemar Thranes gate 70

In the heart of Alexander Kielland's pass lies **Apert Oslo** restaurant. A place that serves as a café in the morning and transforms into a pizza restaurant in the evening. It used to be Oslo's most shabby pub and has kept some of its old brown charm, like the dead birds placed around the room. Until 16:00 you can experience the traditional cinnamon bun and a coffee, but if that is what you want, place your order before 16:01, because from then on pizza and drinks is what's on the menu.

GENERALATIONAL 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 the river Akerselva. **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 is 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!

BEER DECADENCE
Olaf Ryges plass 11

Our all-time favourite bar and venue is **Parkeatret** in Grünerløkka. The bar was originally built as a cinema in 1907, and it has held onto its Art Deco style. In Norway, we have a saying that connotes to this era: *Ung og lovende* (meaning young and promising), and this is exactly the kind of energy Parkeatret attracts. Does this sound like you? Come here for a beer or a dive into Grünerløkka's cultural scene.

CRAFTY CORNER
Anne-Cath Vestlys plass 1

Want to bring your fantasy to life? At **Deichman**, Norway's largest public library, the possibilities go far beyond books. Stitch your ideas together with the sewing machines, design vibrant characters at the graphic stations, or turn your first prototype into reality with a 3D printer, completely free and open for all. Here, there are endless possibilities, and the library houses thoughts, ideas, science and poetry from all parts of the world. Surrounded by technological crafting facilities you can enjoy a good book on the top floor, while glancing at the Oslofjord.

SUGAR, SPICE AND EVERYTHING NICE!
Kongens gate 77B

Amongst the concrete, industrial and modern area of Bjørvika, you find a sterile and industrial box that is a café. As the name **Lille Betong** (little concrete) implies, this café acts as a fast in-and-out, but yet, the buns make you stay. Imagine the best part of a bun. Then imagine the whole bun being that part — this is how the bun at Lille Betong is. They will linger in your thoughts weeks after your last visit.

MUNCH'S NEW HOME
Edvard Munchs plass 1

If there is one museum you should visit while you are here, it is the **Munch museum**. The building is highly debated, some think it resembles a funky crash club, 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. PS. On Wednesdays after 18:00, entrance is free.

WE SHARE IT, YOU'RE WELCOME
Åkebergveien 42

Senegal has arrived at Tøyen! The restaurant **Njokobok** has popped up as one of the few restaurants in Oslo that serves Senegalese food. If you are new to the cuisine, we recommend ordering mborokhê. Don't google it though, the appearance says nothing about the taste of this delicious leaf-based stew. Pair it with their ginger juice for a refreshing and nourishing meal. Njokobok means "We share it, you're welcome" and that is exactly the feeling you get when you go to this low-key neighbourhood restaurant.

THE WORLD'S SMALLEST CAFÉ?
St. Halvards gate 71a

Once a gas station, then a break room for the mechanics, now a functionalist building people can enjoy. **Kiosk Oslo** is a tiny coffee shop at Galgeberg that serves coffee made by one of Oslo's best baristas.

BUN INTENDED
Normannsgata 44

Kampen, a stone's throw away from Oslo central station, trades the grey modern city life for colourful wood houses and charm. Kampen houses the cosy neighbourhood café, **Farine**, tucked next to the landmark church. Order a cardamom bun and a coffee to go and get lost among the extensive streets of wooden houses.

I SEE THE LIGHT!
Ekebergparken

If you are a Disney fanatic, you probably got stunned by the scene when the lanterns lit up the night sky in *Tangled*. We can assure you that the art constellation **Nordic Pixel Forest** with 3600 lights draped in between the trees accompanied with music, sets the mood to reenact the *Tangled* scene. Hop on the 13 or 19 tram towards Ljåbru to see the lights at Ekebergparken.

CUTE CRAWL
Schweigaards gate 53-60

Pink crawls are often stressful and chaotic, but they don't have to be. If you are looking for a cute pub crawl we recommend dropping by Schweigaardsgate. In this street you encounter a lovely trio of chill and authentic bars:

Klosterenga kafé offers a hip slacker-atmosphere

Arv Kaffe & Retro sells old stuff while pouring coffee and drinks

Cafékontoret feels like a 60's living room with a cocktail menu

local tip!

TAKE A WALK!

The Norwegian word *storby* translates to "big city" and describes any city with more than 50 000 inhabitants. As you might gather, this puts Oslo with its 700 000 inhabitants in the same category as New York (8.2 million) or Tokyo (14.2 million). We like to refer to Oslo as a tiny big city. It packs as much cultural vibrance as any big city, or at least almost as much, into its 450 square kilometers.

The good thing about Oslo being so small, is that you can walk anywhere in the city centre in less than an hour. Put on some good shoes and follow the walk marks on the map!

west walk
35 min

Want to experience Oslo's finer half? Take a walk through **Frogner**, starting at **Solli plass**. Described by some as the most European part of Oslo, it's categorized by elegant buildings from the early 1900s, gourmet restaurants and little dogs in sweaters.

Feast your eyes upon the characteristic **Briskeby fer station** from 1963, or the yellow **Gyldenløves hus** with its concave exterior from the 1920s.

Try to spot your own country's embassy while continuing down **Gyldenløves gate**, and end the walk by Gustav Vigeland's iconic sculpture **Monoliten** in Frognerparken.

river walk
35 min

Akerselva splits Oslo into what used to be its "good" western half and its "bad" eastern half. The orange brick buildings which these days house art schools and night clubs, used to be factories where Oslo's working class laboured in the 1800s.

In the 90s the river was polluted and unsafe to walk by at night. Now, the area is categorized by art students chilling on the banks, people walking their children and dogs, trendy coffee shops and street art. There are even fish!

Start your walk at **Eventyrbua** (The Fairytale Bridge) with sculptures depicting characters from Norwegian fairytales.

east walk
40 min

In the area around Oslo Central Station, a forest of sleek modern buildings has grown in the last ten years. What used to be a single large roundabout is now home to institutions like the **Oslo Opera**, the **Deichman public library** and the **Munch Museum**.

But just a stone's throw away, the **ruins of the Old City** are hidden in plain sight. Here, it is completely fine to walk through, sit on and enjoy the ruins of churches from the middle ages. These ruins mark the point out of which Oslo has continually grown since then.

Finish your walk in **Grønland**, the most vibrant part of Oslo where you can find the **Botanical Gardens**, cool bars and great falafel.

GARDEN THOUGHTS
Sars gate 1

The **Botanical Garden** really feels like the people's garden. We respect the plants and flowers as if they were our own, and we lie down in the grass as if we were alone. To set the mood, put on *Botanisk hage* by the Norwegian pop artist Cezinando and ponder the idea of a human-made, perfectionist garden while trying to block out the big city's, human-made, noise. We hope you find peace.

BEIGE TRADITIONS
Hagegata 23

Because of the lack of sun, we are pale during the winter, and so is our food. We have one of the beige cuisines in Europe, and regardless of how unappealing it sounds, you should try it while you are here. If you want to do that without crying at the receipt, **Toro ferdmatt** (pre-made food) might be the solution for you. The *pinnekjøtt* (Christmas lamb ribs) or *raspeballer* (potato dumplings) are surprisingly good. You can get them at any grocery store, and you just put them in the microwave.

BERNIE'S

Old Irish

Mulligans

Dubliner

split the c

Hausmanns gate 29 / Schweigaards gate 50 B / Kirkeveien 64a / Kristian IV's gate 4, Rådhusgata 28

They say that Guinness doesn't travel well, but it has arrived in Oslo and taken the city by storm. Here are some places where you can find the dark Irish gold:

Bernie's

Old Irish

Mulligans

Dubliner

local tip!

KEBAB'S BETTER COUSIN
Grønland 50

Tucked in the heart of Grønland, **Hungry Birds** is my go-to for *shawarma* (which is the kebab's cousin overseas). For me and my friends, it's more than just great food, it's a taste of home and culture. We keep coming back because it's

GAY OSLO
Pilestrædet 9

Known as "the gays' own living room", **London Pub** is a home to all of the LGBT+ community. It is almost impossible to spend an evening at London without making new friends. The bar is open late every day, and the dance floor is open Thursday-Saturday. So have a drink and play pool with both old and new friends.

GOOD NORWEGIAN FOOD
Kristian IV's gate 2

Throughout history, the tough Nordic climate has made it hard to access fresh vegetables. This has affected the traditional Norwegian cuisine, consisting mainly of potatoes and fish. 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 **Kafestova**. We recommend the fish soup (or if you are there on a Thursday, the potato balls).

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