

***6 A LOGAL I**A .

Summer in Oslo is a golden period where everything seems to slow down. People can be found languishing lazily like sea-lions on the sea-side rocks, disappearing into the cool fjord as the need arises. This is how you should spend your summer in Oslo:

Ring 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

PRACTICAL INFO UBLIC TRANSPORT

the islands. A single ticket costs 44 NOK. Use the Ruter app to buy tickets.

TO AND FROM THE AIRPORT e a bus or an express train to and TAXI run by Vy: It's almost just as fast and half the price compared to the airport express train, best in 20 NOV. The airport express train, hat is 129 NOK vs. 252 NOK.

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

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

Store UIPS AND COFFEECome 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!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.

BORROW A HAMMOCK

BORROW A HAMMOCKOPENING HOURS: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.OPENING HOURS:
Mon-Fri, 12:00 to 17:00
Wed 12:00 to 19:00HOW TO GET HERE:
Find us in Møllergata 3d, a five-minute walk
from the central stationHow To gen Here:
Find us in Møllergata 3d, a five-minute walk
from the central station

Winter in Oslo is when the locals hibernate. However, when the sun finally peeks out, there is something magical about it and the winter seems almost as ethereal as the wonderland in *Frozen*. Here is how to enjoy it like a local:

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 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 penguintechnique 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.

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



ACTICAL INFO SLIC TRANSPORT public transport in Oslo uses the same et; the metro, bus, tram and the ferries to islands. A single ticket costs 44 NOK. Use 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 offee, and around 110 NOK for a beer at a

> An average taxi ride at night will cost a bit han 450 NOK. It's cheaper during th slightly longer route.

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

BORROW A BIKE

uggage) as a deposit

OPENING HOURS:



NNS (

10 min walk

NU TO KNOU there to any

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 spesific toponyms for smaller districts. You'll find these names in bigger print on the map. Let us guide your through them and show you where to go:

BYGDØY

Old villas, museums, snobs and swimming. FROGNER

Embassies, fur coats and little dogs. MAJORSTUEN

Spacious streets, lots of trees.

BISLETT Venerable villas in wood, students, swimming pool and sports stadium.

FREDENSBORG Fancy, wooden houses and wine bars.

ST. HANSHAUGEN Park life, young adults, natural wine and expensive coffee.

SAGENE Sawmill industry, calm vibes and breweries.

GRUNERLØKKA Gentrified hipsters, vintage shops and concept bars.

GRØNDLAND 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 mediaeval times.

BJØRVIKA Business area, normcore and modern.



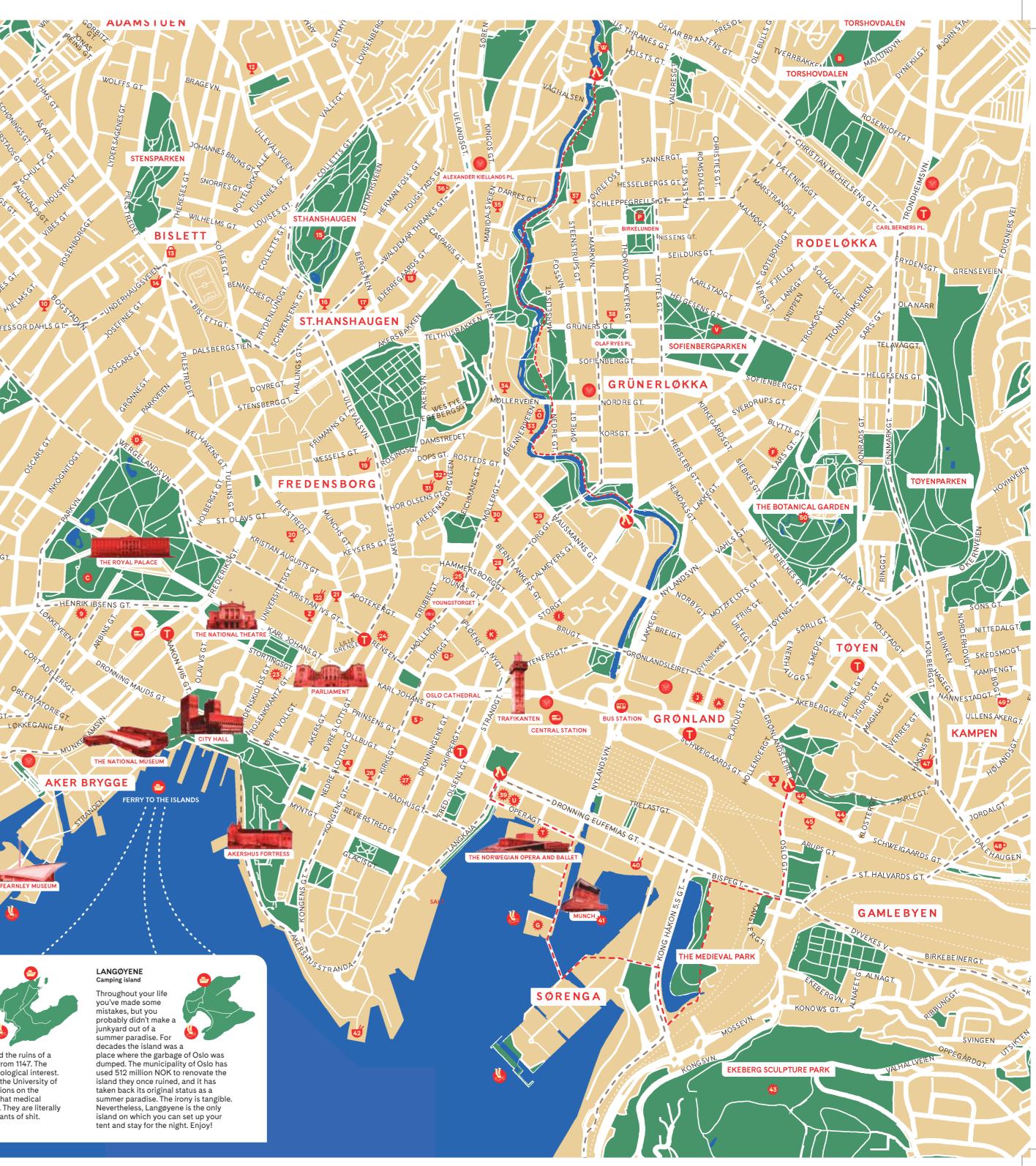


Once upon a time the island of grass was inhabited by rabbits. This was prior to the early

2000s, when Oslo decided to make the beloved Gressholmen-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.

HOVEDØYA Bathing island

The largest and most popular island in the Oslo fjord. It has a generous selection of swimming- and picnic spots. At Hovedøya you also find the ruins of a Cistercian monastery from 1147. The ruins are still of archaeological interest. In 2021 researchers at the University of Oslo started investigations on the outhouse to find out what medical plants were consumed. They are literally searching for the remnants of shit.



a / Grønland 24 / Grønland 30 / gata 15A / Frongnerveien 9D /

OUR TOP MENU PICKS

- 🇰 King falafel: Mama falafel (99 NOK)
- 🐌 Punjab Tandoori: Kylling curry (109 NOK)
- 🇱 Bánh Mì Cousins: Crispy baguettes (129 NOK)
- Hungry Birds: yrian Shawarma (115 NOK) 🛛 🦉
- Corral's Tacos: Birria taco (65 NOK for one)

oriilegiaa ghoppiag gart

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

Kaviar (Caviar)	31,00	
Makrell i tomat (Canned mackerel in tomato sauce)	32,00	enil
Brunost (Brown cheese)	29,00	<i>Upill</i>
Melkesjokolade (Milk chocolate)	62,00	Torggate
Laks (Salmon)	189,00	Oslo's l
Fiskeboller (Fish balls)	89,00	escape bubblir
Grandiosa (Frozen pizza)	64,00	recomr
Smågodt (Swedish candy)	47,00	
Vestlandslefsa (Pastry with cinnamon filling)	15,00	o At for bu
TOTAL:	558,00	Ro Te
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lldl llblb	200	

Dahls gate/ Ingens gate/ Seilduksgata

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

www.use-it.travel



y nat 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 probably talking to a foreigner

Kirsten Flagstads Plass 1 / Anne-Cath. Vestlys plass 1 /Sofienberggata 14 / Myraløkka

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
- \min Deichman 🔆 Sofienbergparken
- 🔆 Myraløkka

/ Kirkeveien 60 / Kirkegata 30

bble tea spots are a sweet om everyday life. If you like the sweetness yourself, we nd these tree spots.

uthentic homemade ole tea

and t down e To Meet U

Sunday markets

🧿 Søndagsmarkedet på BLÅ

JSE-IT is tourist info for young people made by

ocals, no-nonsense and up to date. Want to be

net editors: Ane Sødal and Avlin Thoriussen

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acebook: www.facebook.com/USE-IT

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MEGALOMANIAC DOOR POLICY

In the outskirts of Oslo you find a dark vaulted oom completely covered with erotic murals. Emanuel Vigelands mausoleum is the mausoleum of the famous sculptor Gustay 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

ømsborgveien 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 reezing that it causes hypothermia (might be an exaggeration, but you will feel like a viking). However, if you venture as far northwest as ou can, you'll find a naturist beach aka nudist beach. Do whatever you want with that nformation! 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 taggen, 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. As much as he is a crowd-puller, we think he has valid reasons to be angry.

4 HANGOVER ANTIDOTE

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-revolting 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.

5 DREWING 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 night even be a bit heavy due to its ularity) 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! (irkeveien 20

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

REWIND TIME Bygdøy 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 1939, 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 Bulls plass 3

Nasjonalmuseet houses a versatile and extensive art collection; Munch's Scream, impses of the fashion world, and the Baldishol Tapestry. The building itself is highly criticized for its exterior zand the cold, grey shell is said to be unworthy of the historica and modern cultural pearls you'll find inside Whether you are an architectural 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 to set aside a good amount of time.

SLO'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.

10 STUBBORN HOMEBREW

astadveien 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 pils with a bucket of popcorn on the side.

HOLE IN ONE

Industrigata 36 With caddies at your service and a pink cheetah printed golf cart in the corner, Underground minigolf is the place you can go oogey 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.



12 THE GIRL NEXT DOOR Ullevålsveien 68

In the historic veterinary faculty, 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.



WATCH OUT FOR PROHIBITION

As a beer enthusiast (no, not every beer fanatic is a middle-aged man with a beard and a beer belly), the alcohol sale hours are imprinted in my brain. If I had a beer every time a tourist asked me where to buy beer at 11 PM, I'd never have to buy my own drinks again. You might be used to being able to buy your beer at the supermarket at any hour, but if there is one thing you should do, it's stacking up before the alcohol hours closes

Be sure to buy it before **8 pm on** weekdays and before 6 pm on Saturdays. Sundays are out of the question. Be sure to be there in good ime beforehand, so you're not stuck in the beer queue when the clock strikes alcohol



LIGHT READING

Thereses gate 44B If you ever find yourself around Bislett, the ndependent 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. hev 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.

14 EAT, READ, WASH, REPEAT! haugsveien 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 lulie 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!

16 ROLLERS ON THE RED CARPET

Illevålsveien 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 cliche is bikes and natural wine, and in this area, people are big on both. Before the end of your wine glass, you will, from glazing out the window, become acquainted with the latest bicycle innovations. You will catch an eve on race bikes, bikes with boxes. cargo bikes, three wheeled bike trucks, and of



bookworms and I dig through their well-stocked shelves, the streetwise who are "too busy" for reading can enjoy a

VISIT THIS PLANET

Bjerregaards 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 ambiance vibe has just the right amount of pretentiousness.

A SLICE OF ITALIAN WARMTH Bjerregaards gate 29 b 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 Napolitan 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.

19 JAPANESE INTIMACY 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 establishments 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 ecome 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 **Becco** or take a stroll and check out the light art in the floorings of this quarter.

KEBAB'S BETTER COUSIN

lucked 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 than just great food, it's a taste of home and culture. We keep coming back together. because it's where we've shared some of our best memories,

GAY OSLO Pilestredet 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. It is open late every day, so chill at the bar, play pool or go wild on the dance floor (Open Thursday to

GOOD NORWEGIAN FOOD

llevålsveien 43 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 Kaffistova. We recommend the fish soup (or if you are there on a Thursday, the potato balls).









course the occasional good ol' classic ones.

💑 SOUNDS GOOD

wav)!

copy.

Kongens gate 7

about that rule.

2 HEAVEN OF HELL

rtingsgata 8

Grensen 8/Møllergata 23 Oslo isn't your typical clubbing destination, but if you want to go clubbing, you should go to **24 Jaeger** and **25 The Villa**. The regulars appreciate music being played through a world-class sound system and acknowledged

books alone can't sate you and you wan

to hear from the people behind the works

and see how the sausage gets made, they

can dish up events with authors from all

you might even score yourself a signed

26 MAKE NEW FRIENDS... OR LOOSE OLD ONES

How do you get your introverted friends to go

out? Lure them with games! And Spilloteket

has plenty, from simple and social to complex

covered. If you've ruined too many friendships

by winning at Monopoly, you can stop by on

looking for players. And if you win, you get to

cocktail! But don't worry, they're not too strict

When you've spent your day (and your legs)

a movie and a pitstop. Special tip: once a

they host "troll i eske", or Jack-in-the-box,

where the movie shown is kept deliciously

isn't that what art is supposed to do?

28 BEER, FUN & GAMES

walking 'round town, stop by Cinemateket for

month, typically the first Sunday each month,

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

Spread over three floors, Tilt boasts a variety

of prime selection of games for all tastes and

we take pride in having Europe's leading

adventures that this arcade hall has to offer

Revolution, or aim to beat the highscore on

Experience the role of a taxi driver with Crazy

Ms. Pacman. As Tilt perfectly captures it, this

arcade hall. Submerge into the thrilling

Taxi, shake it up with Dance Dance

is the place for beer, fun and games.

laughing over perfectly grilled chicker

and crunchy. This boardgame bar has you

Wednesday, when you can meet people

treat yourself to the exclusive Winner's

BLIND DATE WITH A MOVIE

Dronningens gt. 16

IOBA IM!

Far down in the basement, near one of Oslo's

busiest streets, the heaven of hell is located, a

used rock 'n' roll shop. Råkk & Rålls is a one of

a kind find. Their selection is so vast that they

will probably have that exact record you are

yourself one of their cold sodas while enjoyin

your search, and really get into that 90s feel.

With this old soul of a shop, you'll definitely

come out feeling older (in the best possible

looking for. Spice up your visit by buying

BEST OF BOTH WORLDS

Whenever I want to live beer, coffee or snacks in their café. If 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 over the world. Depending on the event, you'll need to buy tickets in advance, but

PERFECT MEDIOCRACY

will always bring us

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. It's shabby and the smell of smoke definitely sets the mood for the evening. 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.

30 WELCOMING HOLE Møllergata 38A

Are you a wine snob or a wine flop? Fither way the staff at Bar Lardo 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.

31 OYSTERS IN YOUR POCKET

When the band Royel Otis sings the song Oysters in my pocket, you can't help but wish there would be some truth to it. Unfortunately, pysters 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 focal point on anything biodynamic and ecological and they sell oysters from near and far. And the best part: on undays they get rid of the oysters they have left over for a nice price.

320 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.

PILS AND PARK

Oslo is a city where nature and urban life blend seamlessly, and each neighborhood has its own green oasis. These are some of my go-to parks:

The park I go to for combining relaxation and thinking is **Torshovparken**. I say thinking, because the view of the 7-metre-tall doll's head standing in the park invites to a reflection session. ndeed, the sculpture artist wanted her audience to use their brain, or "bruke nuet", as we say in Norwegian.

When I want to sunbathe and experience a bit of royalty, I head to Cronningparken ("The Queen Park"), the park that surrounds the Royal Palace. To keep the royal family safe, the Palace is guarded by some teenagers doing compulsory military service in funny- looking uniforms. Maybe this gives you an idea of how safe Norway really is.

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

Japan met Scandinavia in Maridalsveien and a ong-standing friendship was established. Irimnir Ramen is the definition of "Japandi". Just as the japandi style, the place is fusing Japanese traditions with simple Nordic

ramen bowls of perfection. The restauran continental dinner time is



Alf is an old-fashioned Norwegian name that has a dated, but timeless feel. Alf nabolagsbar (meaning Alf's 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 at this bar they have cheap beers if you order before 20:00, so bring your uncle.

36 CRANE FOR MORE Waldemar Thranes gate 70

In the heart of Alexander Kielland's plass lies **Apent Bakeri Tranen**. 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.

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 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 Ryes plass 11

Our all-time favourite bar and venue is Parkteatret 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 connotates to this era: "Ung og lovende" (meaning young and promising), and this is exactly the kind of energy Parkteatret attracts. Does this sound like you? Come here for a beer or a dive into Grünerløkka's cultural scene.

🎂 CRAFTY CORNER

Athi

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 echnological crafting facilities you can enjoy a good book on the top floor, while glancing at the Oslofjord.

50 SUGAR, SPICE AND EVERYTHING NICE! Operagata 77D

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 ouilding is highly debated, some think it 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. PS. On Wednesdays after 18:00,

5 FLOAT BY Akershusstranda 25

entrance is free.

It might seem bizarre to transform an old storage shed by the harbour into a food hub, but at Vippa, this vision has been brought to life. This venue integrates sustainability and young entrepreneurs through a bunch of food trucks with a low-key and warm vibe. We come here after work for a snack and a cold drink in the sun and to enjoy the view of the fjord while life floats by.

5 I SEE THE LIGHT!

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 Ljabru to see the lights at Ekebergparken.

CUTE CRAWL Schweigaards gate 53-60

Pub crawls are often stressful and chao ____ 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

- 45 Arv Kaffe & Retro sells old stuff while pouring coffee and drinks
- 46 Cafékontoret feels like a 60s living room with a
- cocktail menu.



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. If 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!



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 fire 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 Vigelands iconic sculpture Monolitten in Frognerparken.

61151 WIII II

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 tions like the Oslo Opera, the Deichman public library and the Munch

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 Grønlad, the most vibrant part of Oslo where you can find the Botanical Gardens, cool bars and great

WE SHARE IT, YOU'RE WELCOME kebergveien 42

Senegal has arrived at Tøyen! The restaurant Njokobok has popped up as one of the few estaurants in Oslo that serves Senegalese food. If you are new to the cuisine, we ecommend ordering mborokhé. 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.

480 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.

nns gate 29/ Schweigaards gate 50 B (irkeveien 64a/ Kristian IV's gate 4, Rådhusga

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:

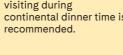
X Bernie's **V** Old Irish Mulligans Æ Dubliner





Keisha

ngredients, resulting in often gets quite packed after work, and since you cannot book a table, visiting during



BRING YOUR UNCLE

MONDAY BLUES

Maridalsveien 9A



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 **Eventyrbrua** (The Fairytale Bridge) with sculptures depicting characters from Norwegian fairytales.



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 beigest 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 ferdigmat (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.

😰 Café Sara

