

FREE MAP • FOR YOUNG TRAVELLERS • MADE BY LOCALS



AGREE LIKE A LOCAL

The Norwegian habit of saying *ja* (yes) on the inhale rather than the exhalation during conversation has caused many foreigners to wonder: 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 pain-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 also-likely do not wear shoes inside.

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* gatherer, who'll ask for your bottle and keep the money they get for returning it.

GET AROUND LIKE A LOCAL

Oslolites 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 bysykkle) 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.

OSLO VISITOR CENTRE

Jernbaneorgel 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).

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



7-Eleven, Narvesen or Deli de Lucca. 24h ticket costs 127 NOK, a 7 day ticket costs 552 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.

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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

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 vy.no for more information. If you arrive at Torp Airport, you can take the Torp-ekspresst-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.

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.

@useit_oslo

USEITOSLO

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 Mellegata 3D, a five-minute walk from the central station.



ODD TO WATER

The stereotypical tourist-image of Norway is reemphasized by 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 **Martidsvannet**, 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, Betsy and Laila. The baptised tunnel drilling machine Betsy 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 Norway's nature belongs to everyone coastline. Tourists might snirk when their roaming- and swimming rights a legal term called *dilemmsretten*, to walk and swim wherever you want occasional dispute with private own speaking. If you're in the zone, you h roam. **Tjuvholmen** **Øst-Bygdøy** / are great swimming spots. If you are pond, visit **Brekkedammen**.



AKER BRYGGE

BISLETT

ST. HANSHAUGEN

FREDENSBORG

GRÜNERLØKKA

SAGENE

GRØNLAND

TØYEN

KAMPEN

THE NATIONAL MUSEUM

THE ROYAL PALACE

THE NATIONAL THEATRE

PARLAMENT

TRAFIKANTEN TOWER

OSLO CENTRAL STATION

OSLO BUS TERMINAL

THE BOTANICAL GARDEN

KAMPEN PARK

THE CAROUSEL OF LOVE

ST. HANSHAUGEN

AKER CHURCH

GRÜNERLØKKA

RODELØKKA

10 min walk



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EKEBERG SCULPTURE PARK

4/6 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:

SAGEN: Sawmill industry, calm vibes and breweries
GRÜNERLØKKA: Gentrified hipsters, vintage shops and concept bars
GRØMLAND: 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 wine bars

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

MEGALOMANIAC DOOR POLICY

1 Grimtundsvæien 8
In the outskirts of Oslo you find a dark vaulted room completely covered with erotic murals. Emanuel Vigeland's museum is the museum of sculptor Gustav Vigeland's allegedly crazy younger brother, Emanuel Vigeland. There are no windows in this tall building, and were it not for the 20 astonishing seconds of video, it could potentially feel claustrophobic. Emanuel's urn is placed above a tiny door by the entrance, so you have to howl to get access. This megalomaniac door policy is fitting for a jealous brother.

MEET ME UNDER THE MANGROVE TREE

2 Problemveien 11
If you, like me, are a lover of all things beautiful, you'll enjoy Blindern, the main campus area at the University of Oslo. Not only do the buildings serve as prime examples of Norwegian modernist architecture, but you'll also find lush 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 magnolia tree that blooms during summer.

NOT A TOURIST TRAP

3 Nobels gate 32
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 eco-park south-west of the Monolith. The eco-point is now known from the movie *Oslo, August 31st* by the award winning director Joachim Trier. Which is funny, since there is a saying that Norwegian film is buried under the Monolith, because the municipally back in the day used most of the culture budget on building this park.

MORE AMORE

4 Sørkedalsveien 3A
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 pish one and the hobnob – famously shared a meal. When we want some amore, we book a table at Il Colosseo.

BREWING EXERCISES

5 Stenaleivensveien 1
Stemalveien 1
Breathe in, breathe out. This sport 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.

FOR THE BINEPHILES

6 Hausmanns gate 28 / Frogneveien 30B / Dronningens gate 16
Read your book in uncomfortable, stylish vintage chairs or watch an alternative movie in comfortable non-stylish, movie chairs at **7** Vegs scene.

Want to get the feeling of being a character in *Cinema Paradiso*? At **8** Frogner Kino you can watch independent or international movies in a movie theatre that is built like an old-fashioned Italian one. Watch Norwegian classics and avant-garde films in recently renovated premises at **9** Schemateket.

TINY TREAT

7 Jacob 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 beating down on your face.

STUBBORN HOMEBREW

8 Bogstadveien 6
Oslo Mikrobyggeri has been here since 1989 and is the oldest brew pub in Oslo. The clientele mostly comprises the typical Norwegian beer geek: middle-aged dudes with beards. They stubbornly only pour their own home-brew 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.

LIGHT READING

9 Thereses gate 44B
If you ever find yourself around Bistekt, the independent bookstore *Bistekt bok* is a must. The 17-gram 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.

SHRIMP COCKTAILS AT 3AM

10 Parkveien 12
At the culture institution Lory, you'll find red glowing lamps 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 night 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.

ROLLERS ON THE RED CARPET

11 Ullevåsvæien 16A
At the crossroads of St. Hanshaugen, you find *Rouleau*, a small bar and café connected to a little bike shop where you can rent out bikes. The term *Rouleau* 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.

VISIT THIS PLANET

12 Bergetgards gate 5A
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 sakes and wine. The spot sports black and white chequerboard tiles and their nordic design-furniture is populated with wine aficionados. The ambience has just the right amount of pretentiousness.

FAMOUS FERTILISERS

13 Akerbakken 32
Do you enjoy thinking about death? At *Vår Frelisers Gravlund*, you can visit the graves of Henrik Ibsen, Edvard Munch and other famous Norwegians who you probably haven't heard of. Despite the aura of rotting corpses, this place is a popular detour for people on their Sunday walk. The park itself is beautiful and solemn.

JAPANESE INTIMACY

14 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 *Zakaya*, where you'll get a variety of *otsumomi* (small dishes) and sake. Other *Zakaya*-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

DEPEND ON THE INDEPENDENT

15 Universitetsgata 12
We don't have an abundance of independent bookstores in Oslo, but the ones we have are great. *Tromsø* is known for its comic book, and nonfiction sections, and they have a bountiful selection of books in English.

BRING YOUR BEANIE

16 Universitetsgata 9
Emerging out of grey concrete, *Tullinkukka* has become the centre of authentic urban life in Oslo. In this area, the winter of a must-beanies area is 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.

GAY OSLO

17 Kristian Vs gate 12
All genders and preferences are welcome at Oslo's ultimate gay club *Esmer*. Put on your best dancing shoes and sequins and come dance to Lady Gaga and Euro-vision songs.

GOOD NORWEGIAN FOOD

18 Kristian Vs 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 *Kaffestova*. We recommend the fish soup (or if you are there on a Thursday, the potato balls).

MARKETS

Professors Dalis gate / Ringens gate / Birkeunden
Did you think that the city is at rest just because 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 city.

Regular Sunday markets:

- L** Vestkantenorge
- K** Søndagsmarkedet på Blå
- M** Birkeunden

Pop up markets (Google for location):

- E**ggermarken
- F**lorie marked
- B**ondens marked

NEW MUSIC, OLD FORMAT

19 Møllergata 10
At the record store *Big Dipper* you'll find a wide selection of LP records. They collaborate with labels and musicians 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.

FALAFEL FRIENDLY

20 Møllergata 10
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.

OSLO BEER GUIDE

21 Schweglergards gate 17 / Thronvald Meyers gate 65 / Akersegata 47 / St. Olavs Plass 2

Want to know how you reveal that you are a tourist in Oslo? You complain about the alcohol prices. There are many places to buy beer in Oslo, but it takes a local to find the cheapest ones. Here are some alternatives:

- Q** Mastermind
- Q** Bakgården på Iokka
- Q** Luna Park
- Q** Bar Babylon

But the even cheaper solution that a lot of locals 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.

HEY THERE HUMMUS

22 Mariæboes gate 8
Mela Café serves meat 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 cliche crockery. Do they have hummus? Yes, they do! Is it good? Yes, it is!

METAL-HEAD PARADOX

23 Møllergata 32
A cosy spot for metal-heads sounds like a paradox, but this is an apt description of *Kinben 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.

SURPRISING BEHAVIOUR

24 Ottenhusen, gate 13
Generally speaking, slurping is frowned upon in Norwegian culture, but at *Kole 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.

WELCOMING HOLE

25 Møllergata 39A
Are you a wine snob or a wine fool? Either way, the friendly staff at the intimate *Bar Lardo* will guide you through their vast selection of natural wines. Just say "I would like the same 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 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.

PLAY YOUR PART

26 Fredensborgveien 22A
The Fredensborg area is interestingly 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.

MONDAY BLUES!

27 Berneriveien 3c
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 Zoor Quartet plays free concerts every Sunday, all year round. It may suck up your Monday, but Monday isn't a great day anyway.

BRING YOUR UNCLE

28 Dannes gate 1A
Arl is an old-fashioned Norwegian name that has a dated, but timeless feel. *Arl naboogstbar* (Arl'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 *Arl* 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

29 Waldemar Thranes gate 70
Apart Bakert Thranen 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.

SUPPORT YOUR LOCAL WIENER

30 Mariæboes gate 45B
Since 1979, the twelve-square-metre *Kiosk Sverketoppen* has only had one thing on the menu: hot dogs. Friend, 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 cheddar cheese, as well as 35 types of mustard.

GENERATIONAL BIERGARTEN

31 Samsegata 1b
When the sun is out and you are looking for a place to enjoy a good radiator, you should check out the sunny *Biergarten* by Akerselva river. *St. Paul 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 Pilszeils and their occasional concerts. It's open in summer and as long as the weather allows it. Check their Facebook!



GRESSHOLMEN

Want to get the feeling of being a character in *Cinema Paradiso*? At **Frøner Kino** you can watch independent or international movies in a movie theatre that's built like an old-fashioned Italian one. Watch Norwegian cinephiles and avant-garde films in recently renovated premises at **Cinemateket**.

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www.use-it.travel



@useitmaps

USE-IT

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

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UNGINfo



Oslo

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.

19 WHITE LITERALLY

Sorgenfritigen 16

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 rapping sessions with your besties. Whenever I want to get into a good mood, I invite my best friend, set the date, but not the place, because deep down we know where we are gonna end up.

LOVE TIP BY: PØRGE SYD

19 THE CIRCLE OF PIZZAS

Youngs gate 19

Giratorondo means "circle" in Italian. When you experience the *pizzeria giratorondo*, 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

If you're not attentive, you might walk past this unassuming facade. *Bar Roahnet* is tiny, the interior has a retro feel, the toilet is punk tagged down with a marker and the sole bartender is nonchalantly in charge. The music is unapologetically loud and they are blasting out unknown tunes that will surprise you.

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.

28 SMALL VENUE, BIG COMMUNITY

Hausmanns gate 8

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 representing 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

Nedre gate 8/Arbeiderstudenternes plass 1/Sølligata 2

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 sing their hearts out and regret it the next day. Behind 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 *sodeu*, you'll see the door close behind you, realising that you've already passed the point of no return.

SUMMER 2024

HOVEDØYA

Bathing Island

The largest and most popular island in the Oslo fjord, 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 investigated the outhouse to find out what medical plants were consumed. They are literally searching for the remnants of shit.

GRESSHOLMEN

Nature Island

Once upon a time the island of *Gressholmen* was a rabbit island. This was prior to the early 20th century when Oslo decided to make the men-bunnies extinct. The result is an abundance of plants and a lack of going to rabbit in.

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IR LOCAL WIENER

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AL BERGARTEN

nd you are looking for a place to ou should check out the sunny lva river, **St. Pauli Bergarten** is part Zaulds, which is located on the lace, everyone between 1 and 110 e to come and enjoy their Preizels concerts. It's open in summer rather allows it.



FRONT-ROW TICKETS

Rådhusrygge 4
Jump on board Oslo's ferries and embark on a maritime adventure. Think you can't fancy a cruise ticket? Think again! The same ticket that gets you onboard the buses and the metro in mainland 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 city.

LOCAL TIP BY: KAROLINA RYD

ACCEPTED APPLE SCRUMPING

Kjerschows gate 9
The garden **Gatmyra 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. PS: Fallen fruit can be scrumped.

COMFORTABLY NUMB

Trencheimsvaien 64
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 tummy spice that offers a slight numbing sensation that probably might release some endorphins. The dishes *Mapo doufu* and *Gong bao zi* 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

Trencheimsvaien 63
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!

BREAKFAST BURRIK(ITO)

Hagestens gate 44
The **Adriatic cafe** 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 *burrets* filled with feta and spinach. For dinner we recommend the *Cevapci*, meat rolls accompanied by *Kajmak* (a Serbian cream cheese) and fries. It's all smooth sailing in this restaurant.

60 000 BODIES

Søfnerbergata 14
Have you ever chilled in a park with humans and ghosts? **Søfnerbergan** might be known as a chillout summer-spot, but during the 1800s it was one of Oslo's largest graveyards. 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 Søfnerbergan and

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 rokke* by the Norwegian pop artist *Cezinando* and ponder the idea of a human-made, perfectionist garden while trying to block out the big city, human-made, noise. We hope you find peace.

ME SOB) BUDGET FRIENDLY

Mozfeldts gate 5
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 lead-looking menu. Kinda tacky, but we like it.

GOOD COOKING, GOOD LOOKING

Olshagen 11, Lillelorget 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 **Flyvevæsen 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

Brugata 17
It is fair to say that Brugata street has a reputation for being a bit shabby, grey and filled with drug dealers and drunks. 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 *Erta Espresso* 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 grey day.

THE HOUSE OF THE PEOPLE

Arne-Cohn Veitstys plass 1
Dachman Bjørnvika 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 sense 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.

VEGAN FOOD GUIDE

Hagestens gate 18A/ Kristian Vs gate 15B/ Bjellegårds gate 2A/ Jens Bjelkes gate 9A/ Møllergata 36
Most places in Oslo offer vegetarian and vegan dishes, but there are also many restaurants that focus purely on vegan dishes. Here is our recommendations:

- Cultivate food (Varied cuisine)
- Nordvegan (Varied cuisine)
- Tinco (Asian)
- Little Pickle (locally produced simple food)
- Hakuna matata (Ethiopian)

NOW WE ARE TALKING

St. Halvards gate 2
You know when the conversation stops during a meal because the food is so good? This is the experience the local bar **Park** will give you. The name of the bar actually means "talk" in Norwegian dialect, and the food here will both make you stop and start talking. Norwegians love bread and many of us could eat bread for every meal we have during the day. Whether it is for breakfast, lunch, dinner or evening food – you get the best sandwich at this neighbourhood bar. We highly recommend ordering the portobello sandwich with cashew cream topped with chives.

CUTE CRAWL

Schwaiergata gate 53–60
Pub 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 **Schwaiergatstegen**. In this street you encounter a lovely trio of chill and authentic bars: **Kosterevenga kafe** offers a hip slacker-atmosphere, **510 Art Kafe & Retro** sells old stuff while pouring coffee and drinks and **59 Café** makes you feel like a 60s living room with a cocktail menu.

WILDBERRY BARK

Tøyengata 19
Madina Sweets is my family's symbol of celebration and tradition. This is the place bringing my friends to show them real Pakistani culture, a.k.a. my culture. Every time there is a significant event in my family, whether it is a wedding, a birthday or when I obtained my driver's license, we go to this lovely shop for their sugary curvy fried dough (*leblebi* or the funny candy *mithai*). I recommend to visit Madina Sweets, because this is more than just a dessert shop – it's the core of our family's joyous occasions.

LOCAL TIP BY: SUBHAN RYD

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, **Kristi Oslo** is a tiny coffee shop at **Gallegøye** that serves coffee made by one of Oslo's best baristas.

WE SHARE IT YOU'RE WELCOME

Aalebergveien 42
Senegeal has arrived at Tøyen! The restaurant **Njokobok** has popped up as one of the few restaurants in Oslo that serves Senegealese food. If you are new to the cuisine, we recommend ordering *mborokhe*. Don't go home if this delicious leaf-based stew. Pair it with their finger 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.

BUN INTENDED

Kampmannsgata 44
Kampn, a store'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 and narrow streets. While you're at it, visit the cosy neighbourhood café, **Farina**, tucked next to the landmark church. We recommend getting one of their fresh cardamom buns.

BOLLYWOOD IN YOUR BELLY

Østervien 9
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 *Latsuri Chicken Tikka* from



SUMMER ISLANDS

LANGØYENE

ghosts? Sofienbergparken might be known as a chillout summer-spot, but during the 1800s it was one of Oslo's largest graveyards. 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.

38 FRIENDLY WALK-IN-CLOSET

Trondheimsveien 24
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.

43 MUNCH'S NEW HOME

Edvard Munch's plass 1
Our most famous painter, Edvard Munch, got a new home in 2021 when the Munch Museum moved to Bjørnlika. 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. Ps. On Wednesday's after 18:00, entrance is free.

46 ARTSY MOUNTAIN

Kongsveien 23
At Ekoberg you find an area of land and grass that a local real estate mogul and the municipality of Oslo decided to turn into a sculpture park. The view from Ekobergparken is spectacular. It even gave Munch himself inspiration for *The Scream*.

47 CONSTELLATION OF Zs

St. Halvards gate 35
ZZZZZ is the constellation of Zs used to express the sound of sleeping. However, if you employ two Zs and put them in between the name "Pia", you can spell out the word Pizza. ZZ Pizza has the most Zs and the best pizza dough in town. Later, when you fall asleep, you will dream about their pizza. ZZZZZZ

PHRASES

- Hei!** HI
- Takk** Thank you
- Hvå skjer?** What are you talking about
- Du er rar** You're weird (in a good way)
- Umskyld!** Excuse me
- Olé!** Would you like a beer?
- Skål!** Cheers
- Jess!** Wow

moon buns.

55 BOLLYWOOD IN YOUR BELLY

Østernveien 9
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 *Labsari Chicken Tikka* from Chokk. It is not only the food that will make you drool at this place, the aesthetics here are clearly put together by someone with good taste – combining bollywood posters and pink neon lights.

56 BREWS, BEATS AND BATHS

Arnholj Gøllines vei 41B
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 woods, called *Svarttosten*, swung by Kruttverket for a blend of brews, beats, and baths!

Z DRINK LIKE A BOSS

Kåbenhavgata 18
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!

popular island in the Oslo fjord, has of swimming- and picnic spots. o find the ruins of a Cistercian The ruins are still of archaeological archers at the University of Oslo ous to find out what medical d. They are literally searching for the

GRESSHOLMEN

Nature Island
Once upon a time the island of grass was inhabited by rabbits. This was prior to the early 2000s rabbit-genocide, 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.

LANGØYENE

Camping Island
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 \$12 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!

OSLO 1940