



MADE BY LOCALS
FOR YOUNG TRAVELLERS

ACT LIKE A LOCAL

MIND YOUR MONEY
Oslo is expensive, so beware. We've actually been listed as one of the most expensive cities in the world several times. When you go out, you should probably make peace with spending a lot more than you're used to. Dinners under 160 NOK and beer under 80 NOK is actually quite cheap.

BEATING THE SWEDES
There is nothing your average Norwegian cares more about than beating the Swedes in any sport or event (and we usually beat them, too, you know). To blend in, just lean against a Norwegian and say: "Ah, those Swedes."

NO HUGS OR KISSES
Don't panic if you find Osloites shy and timid. We don't strike up conversations with strangers at a shop, and we avoid making eye contact with fellow passengers on the tram. If we meet new people, a handshake is enough. No hugs or kisses, please. But if you take initiative, you'll see that we are open-minded and interested. Smile, and we'll smile back.

GIANT LIP
If you see big bumps on our upper lips, don't worry; it's only snus. Snus has become the preferred way to enjoy nicotine in Oslo, as the law prohibits indoor smoking. Basically, it's the

CONCERT CITY
Oslo isn't known for many achievements, but we are the best in Scandinavia when it comes to the number of concerts. We actually have around 5,000 unique performances a year! You may believe that you are in another regular let's-talk-and-drink-bar, but suddenly a band rigs up to play. Most self-respecting bars in Oslo have a stage (or just a corner with a microphone and a speaker), but some of them also have divided sections for live music. Stop by our info desk, and we'll tell you where to go.

PARKS AND REC
In Oslo we love to drink beer while hanging out in a park. This is not legal, so we won't say that you should do it. We're just saying that everyone does it. Why? Because the price difference between the store and the bar is bigger than in many other countries, and we have to get our vitamin D while the sun is shining. Bring a disposable grill and have a barbecue as well. Act like a local and hang out all day. Just remember to clean up after yourself when you leave. Usually someone will come by and offer to collect empty cans and bottles to earn the bottle deposit.

TOP-DOWN
No other city is as hated by Norwegians as Oslo. A popular prejudice is that all Osloites are pretentious preppies that dress up for every occasion and are forcing their political opinions

1 CRAFT BEER HEAVEN
Bogstadveien 6
(Every day) If you want a big party, this is not the place to go. **Oslo Mikrobryggeri** has been here since 1989 and is the oldest brew pub in Oslo. As such, the clientele mostly comprises the typical Norwegian beer geeks: middle-aged white men. But it's worth it if you have a nose for great craft beer. They only offer their own beer on tap (uncompromising indeed) and have their walls decorated with old Norwegian beer posters. Try an Oslo pils with a bucket of popcorn on the side.

2 GIVE PISS A CHANCE
Stensparken
It is with great pride and joy that we present to you the most famous and legendary urinal in Oslo: **The Love Carousell**. Its claim to fame relies on its historic legacy as a meeting point for the city's gay men during the middle of the 20th century. The Love Carousell is considered a national heritage site and has been protected by the municipality. If you're planning to make this your main attraction for the day, you might want to reconsider, but be sure to sneak a peek, or leak, if you're nearby.

3 LAUNDRY DAY
Underhangsveien 2
(Every day) Snielly socks? At **Café Landdrott**, you can use their washing machines while enjoying their library and a drink or meal of your choice. From 50 NOK for a load, depending on the legal, and whether you want your clothes dried or not. Also a decent library. At least for a café.

4 BROWN SAUCE BANQUET
Waldemar Thranes gate 8
(Every day) **Restaurant Schröder** is one of the few restaurants in Oslo with a traditional approach to the Norwegian cuisine, and well, the clientele can also be said to represent the old Norway. Step in and head back to the times of the proletariat and mild alcoholism. Schröder has cheap food, and lots of meat, fish and our signature "brown sauce". Norwegian newspapers insist that foreigners love the author Jo Nesbø and his books about detective Harry Hole, and this is where that crime solving drifting starts. A slightly fun detail is that you find the new Norway just around the corner at **Smørbaks**, with modernized Norwegian food and intimidatingly trendy Norwegians who've probably never touched a live fish in their life.

5 FAMOUS FERTILIZERS
Ullevålsveien / Akerbakken / Akersveien
Oslo's own Pire Lachaise holds the final resting place for Norway's historical biggies, like Henrik Ibsen and Edvard Munch. Never heard of them? Don't tell us. **Vår Frøstera** **Gravlund** is strangely beautiful and a nice quiet cemetery in the middle of the city. Despite thousands of rotting corpses as far as the eye can see, this place is a popular detour for people on their Sunday walk. While in the area, check out the idyllic streets *Triblusbakken* and *Domsrødt*, packed with nice wooden houses.

6 ANARCHISTS AND SQUATTERS
Pilestrødet 30 E
Blitz is Oslo's "grand dam" when it comes to squat houses. The first people moved in here back in 1992. Some years ago they signed a contract with the devil (ehm... the local authorities), and the house was completely renovated. If you are lucky, the anarchist kitchen will serve you a good vegan lunch Monday to Friday between 12:00 and 18:00. You are welcome to bring as you are not homophobic, transphobic, sexist or capitalist!

See Shop Eat Drink Go out

Oslo is **Tromsø**, a store especially loved by the political left. They have a lot of books about communism, feminism and other established art-establishment-things. Known for their comic book and non-fiction sections, but also lots of socialist trinkets like buttons, posters and so on. Presumably declared "the best book shop in the world" by Allen Ginsberg.

11 GAY OSLO
Kristian Vs gate
(Fri-Sat and when they have events) All genders and preferences are welcome at the gay bar **Elsker**. This is a two-floor night club, often with a lot of tacky Eurovision songs and Lady Gaga blowouts, classic gay bar elements. On special occasions, they open a third floor as well. You'll find a bit older and mainly male crowd at **London Pub**. Girl party? Check out **SO**.

12 HARDCORE CLUBBING
Garsens 9
(Every day) Oslo isn't the typical clubbing destination, but we do have some hidden gems. In the city centre, **Jaeger** is a bar right in the heart of the city centre that draws an audience who appreciate music being played through a world-class sound system and acknowledged DJs. Too crowded? Try **The Villa** situated just 500 meters away.

13 ALL THAT JAZZ
Garsens 8
(Mon-Sat) It's all about that jazz at **Bare Jazz cafe**. Walk through their cute backyard and enter a record store with a collection of only jazz downstays and a nice café upstairs. The walls are covered with pictures of musical legends.

14 TRASH METAL
Øvre Slottsgate 10
(Every night) The metalheads of Oslo separate into two different pits: **Rock in and Kniven**. Rock in is the oldest, dirtiest and cheapest one, while Kniven has a classier and more hygienic approach to getting hammered. We still prefer Rock in though, partly because it's extremely unpretentious (and somewhat cheesy), but mainly because the bouncer ends every Saturday by grabbing a mic and singing Manowar's *Warriors of the World*.

15 FREAKS AND GEEKS
Kirkegate 23
(Mon-Sat) When you've left your crappy classmates and your redneck hometown behind, it's time to head for **Outland**. At this store, you can geek out and do so proudly. Spot or join hordes of nerds that don't mind looking like a nerdy girl, the next Neo or a socially awkward wizard. We're talking cosplay, comics, Nintendo, anime and board games.



GIANT LIP If you see big bumps on our upper lips, don't worry, it's only smus. Smus has become the preferred way to enjoy nicotine in Oslo, as the law prohibits indoor smoking. Basically, it's tobacco that you put under your lips, either in a prepared portion bag or molded to a firm piece, almost like clay. The Tobacco Act of 1975 actually prohibits us to describe the feeling of smusing, and we can't tell you which type, brand, flavors and strengths there are. Smus and other types of tobacco are even required to be hidden from plain sight in the shops, so you have to ask the people behind the counter for what you want.

TOP-DOWN No other city is as hated by Norwegians as Oslo. A popular prejudice is that all Osloites are pretentious preppies that dress up for every occasion and are forcing their political opinions on the rest of the population. This is of course only half true. A lot of the national politics are being decided upon in Oslo though. Wolf hunting and municipal mergers are two of the biggest 'Oslo vs. the rest' disagreements at the moment. As long as you're staying in Oslo, a somewhat safe conversation starter is to talk about the importance of wildlife preservation or a liberal immigration policy.

PRACTICAL INFORMATION

USE-IT-OSLO info desk

Tourist information for young travellers.

Møllergata 3,
Mon-Fri, 11:00 to 17:00,
Saturday, 12:00 to 17:00.

Opening hours 10 July - 7 August:
Mon-Fri, 10:00 to 17:00,
Saturday, 12:00 to 17:00.

Oslo Visitor Center

Jernbanetorget 1, @Oslobyhelten/Oslo Central Station

The official tourist information centre in Oslo.
Opening hours (all year):
Mon-Sat, 09:00 to 18:00,
Sunday, 10:00-16:00.

To and from the airport

You can either take the bus or the train to and from Oslo Lufthavn Gardermoen, but we recommend the train. It's faster and cheaper. Flytoget (the Airport Express train) is 180 NOK (90 NOK for students). The

local trains, NSB, are only 93 NOK. See [nsh.no](#) for more info.

Rent a bike for free

We have two bikes at the USE-IT info desk in that you can borrow for free! Leave your passport or driver's license as a deposit.

The city bikes

You can also rent the city bikes (Oslo bysykkel) that are available from 06:00 to 24:00. Use the BySykkel app, register on oselbysykel.no and then you'll get a PIN code as an sms that will enable you to use the bikes without the app. 24h 49 NOK / 72h 99 NOK / full season 299 NOK.

Public transportation

All public transport in Oslo use the same tickets: both the metro, buses, trams and the ferries to the islands. The price is 33 NOK (pass an hour), and you have to buy beforehand at a kiosk, like 7-Eleven, Nansen, Dell'de Luca etc., from the Ruter ticket machines or in the Ruter ticket-app (Ruter Billett). 24h tickets 90 NOK / 7 days 240 NOK. See [ruter.no](#) for more info.

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UNDERGROUND PARTY

Pløstredet 25

(Wed-Sun) Møkketicket is a bar and concert venue frequented by the alternatives and radicals of Oslo. They share a lot of their crowd with Blitz, and that's probably why they have a pretty weird set up. It's a half-dark basement with a lot of half-assed graffiti on the wall and the music played by the bands or bartenders is usually within the punk, bass or noise landscape. If you're a bit of a prude, you might pick on the bar's looks, smell or clientele, but it's a very inclusive crowd and a somewhat cheap place by Norwegian standards. Free or cheap gigs every Wednesday.

OTSUMAMI YAMITYAMI

St. Olavs gate 7

(Mon-Sat) Everything that's tacky, weird and awesome about Japanese culture is mashed up and put up on the walls of *Itakawa*. They serve delicious osumami (small dishes) until 22:00 and have a huge selection of sake and Japanese whiskey. No sushi. It's a small place but the tables are perfect for groups. It gets super crowded on weekends, so get there early. Arigato!

THE COFFEE BIRD

Universitetsgata 2

(Every day) You'll find people who are - or want to be - part of Oslo's cultural elite in the deep sofas at *Engels Bar*. This coffee and cocktail bar has been here since 1963 and serves you on sleepy mornings as well as on lively evenings. The place is a living showroom of Norwegian design from the 50s and 60s and best of all: You can buy everything you see! Borrow a newspaper and pretend to read the art section, just like a local.

COME READ US, COMRADES

Universitetsgata 12

(Mon-Sat) One of the last independent bookstores in

for *Outland*. At this store, you can geek out and do so proudly. Spot or join horde of nerds that don't mind looking like a margin girl, the next Neo or a socially awkward wizard. We're talking cosplay, comics, Nintendo, anime and board games.

HOUSE OF FILM

Dronningens gate 16

(Tue-Sun) Tired of walking? Rainy day? Stop by *Filmens Hus* and the *Oslo Cinematheque*. Bring a drink from the cafe, sit down and enjoy the theatre that reminds us of a David Lynch red velvet dream. We don't dub foreign films in Norway, only Norwegian subtitles. Check cinematheque.no for the program. A film typically costs 80 NOK, cheaper than the commercial movie theaters.

THE PIER

Sørensgata

(Every day) The newest and coolest place to hang out during summer (or year-round if you like to freeze) is the *Sørensgate pier*. Take off your clothes and take a swim in the *Oslo Ford*. We cannot promise mediterranean temperatures, but it sure is refreshing, and cheaper than a gelato. Be aware that it's as crowded as it's cool, and if the sun is out, half of Oslo is probably too!

MECHANICAL OSLO

Tøyenbakken 34

(Every day) A local favourite, perfect for groups and birthday celebrations, but also intimate dates. *Oslo Mekanske Verksted* is a pleasant and laid-back bar, with board games, books and a fireplace for those cold nights. The truly great thing, for penny-pinchers like ourselves, is that you can bring your own lunch or takeaways as long as you still buy something from the bar. Watch out for the traps in the backyard, they are used as astrigys.

THE CHEAPER, THE BETTER

Grunnd 24

(Every day) As one of the first established Indian restaurants in Oslo, you still get your money's worth at *Punjab Tandoori*. In this simple, canteen looking restaurant,



You have to order and pick up your food at the counter yourself. Every main course includes both rice and naan, and the every-day special is only 75 NOK. Simple, fast and tasty.

THE ASYLUM

Grunnd 28

(Every day) During the mid-19th century, *Aydel* housed a day care centre for children from poor families which allowed the mothers to work. Since then it has also housed a retirement home, a court house and a bank. Today it's a cosy café with wooden furniture and traditional Nordic food, some is cheap, some expensive. On sunny days, their backyard is a great. On snowy days, their fireplace is lit.

LOOK LIKE A LOCAL

Arktiden shopping mall, second floor

(Mon-Sat) We love our woolen sweaters, preferably hand-knitted by our mum or grandmother. Looking for one to bring home? They cost hundreds - at least if you buy them new. So head to *UFF Arktiden* instead. Second hand clothes are often in good condition in Oslo, but can also be expensive. UFF is probably one of the cheapest second hand-stores in town. And yes, they have more, much more than just knitwear.

THE ALLEY CAT

Torggata 11 / Storgata 13

(Every day) The alley *Stragat* is the passage between *Torggata* and *Storgata*, and includes the entrance to a few of Oslo's best bars. You get lunch and concerts at *Uhert*, cocktails on the terrace at *Skobutikken*, DJs and

SOMETHING FISHY

Youngstorgat 2b

(Mon-Sat) Before the big Norwegian 80s, we were a people living off fish after we became rich and awful. We with red meat and more exciting in *Fiskeriet* on the other hand stays true and is both a fishmonger and a fish restaurant. The takeaways prices aren't that bad, a snack, try a warm fish cake with rem

HIP TO BE (AT THE) SQUARE

Youngstorgat / Torggata 10-13

(Every day) A significant portion of Os out at *Youngstorgat* square and the *Torggata*. At *Youngstorgat* you'll find with free concerts on Saturdays. Ar known for cocktails and free entrance *nanza* where you'll rarely get a seat (C drinking experience). And the sales which is huge and always crowded.

BURGER JUNKIES

Møllergata 23

(Every day) It feels like there is a burger every corner in the city centre these days, and it all started with



32 WELCOME TO THE JUNGLE

Torgata 17B
 (Every night) Real plants and herbs cover the walls at **Torgata Botaniske**. The bar seems like a homage to the Botanical Garden, but this place is better: Here you can enjoy the outdoors without bugs. Norwegian weather and coos telling you to pour out your drinks. They specialise on cocktails so the queue is often long. If you have to wait, ask for a pre made drink (Though it's absolutely worth the wait).

33 LATE NIGHT SNACK

Hauemanns gate 29
 (Every day) Don't worry if you're stumbling hungry around the streets of Oslo at night. You have the late-night kebabs and kiosks in the street **Torgata**, sure - but the kitchen at **Café Sara** is open until 02:30. This place is renowned for the huge venue, always packed with young artists, students, people on dates, as well as the odd alcoholic. Features a heated backyard which is popular with the smokers.

34 FUNKY FRESHIDENT

Hauemanns gate 16
 (Every day) Opposed to most vegan restaurants in this world, **Funky Fresh Foods** barely looks like a canteen, and it doesn't even play fun future music. They do have some awkward quotes about healthy and organic living on the walls, still it's definitely worth it. They serve one of the best burgers in town. Kind of hard to find, but it's inside the Dogla building.

35 ALTERNATIVE CULTURE

Hauemanns gate 34
Hauemma is Blitz slightly drunker sister, and a culture house known for her squatter community, alternative art, the Theatre of Cruelty, hardcore shows and left-wing activism. It's a friendly and interesting venue, but certainly not for everyone.

36 INTIMATE SECRET

Maridalvsveien 2
Maridalvsveien 2
 (Every night) It's this. The Good, The Bad and The Ugly. **Taxi Take Away** would definitely be the ugly. You can barely see the door at the heavily graffiti'd wall from the street. Enter one of the smallest and most unique bars in Oslo, where the beer is cheap, the seats are sticky and the clientele is cool (but in the you're-oh-so-bad-but-I-can-change-you kind of way).

37 THE RIVER JEWEL

Brenneriveien 9c
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 (Fri-Sun and when they have events) Originally a storage room for gold and diamonds, now a gem to be reckoned with for concerts and club nights. **Blå** started out as a jazz club in 1998, but now they do some of the best electronic bookings in Oslo. The legendary house band **Frank Znort Quartet** plays free concerts every Sunday all year round. Acoustic set from 16:00 and electric set from 20:30. **Blå** also hosts a fairly popular Sunday market every week. Beware of the penis swan on the river.

38 MOOSE ON THE LOOSE

Markveien 57
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 (Every day) As self-involved as most, **Brow-Dog** named their bar after themselves. **BDST** don't have the cheapest bar in town, but you'll never know what they have on the 20 taps for the night - the rotating selection is one of their best qualities. Expect a nice mix of both imported and local beer, and the friendly staff lets you taste when in doubt. You can also fill your stomach with something other than beer here. Want a heart attack? Ask for the Glasgow effect, it's only 79 NOK.

39 GOURMET GRINDS

Griens gate 1
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 (Every day) Former world champion barista, **Tim Wendelboe** runs this micro roaster, coffee training centre and coffee bar, by the same name. The shelves are full of upscale coffee equipment, and the limited seating options give the vibe of exclusivity. The coffee is a bit expensive, but it's roasted in the shop, hand brewed and super crisp. This is coffee like you've never had it.

40 GRÜNERLOKKA BAR STRIP

In and around Thorvald Meyers gate
Grünerlokka is the most popular area to eat and go out in Oslo, and you'll find many of the hottest bars in and around the street **Thorvald Meyers gate**. **Parkwater** is a bar and gig venue converted from an art gallery and kind of a safe bet. At **Aku-Aku** you'll get cocktails in tik-style. **Grünerlokka Brygghus** is a pub and brewery with local beer and solid food. If you like an aesthetic that embraces traditional gender roles and the worst musical ever (**Gresslo**), **Ryes** is also quite popular.

41 B-BØY BOULLABAISSSE

Darres gate 1
Darres gate 1
 (Everyday) **Paul's Boutique** is probably as close as you get to a hip-hop place in Oslo, though they might be playing jazz standards on quiet weekdays. The wide selection of cocktails and micro brews doesn't exactly give associations to life on the streets, but the plainer prices are OK and their small, sweaty basement is a great place to shake your rump. During weekends they always have hip hop DJs and their crowd is largely pleasant, nostalgic hip-hop-fans in their late 20s.

42 SUPPORT YOUR LOCAL WIENER

Mandalsveien 45
Mandalsveien 45
 Since 1979, this twelve square meters large kiosk at **Alexander Keilands plass** has had a limited menu: hot dogs. **Syvekjøkken** is a historic landmark, and it is named after the Svendsen family, who owned it before. They only serve wiener (a mild variant of bratwurst) made from a secret recipe, the owner's friend is also the kiosk's only employee, and he will guide you through the different toppings and the 50 different kinds of mustard.

43 SUNDAY MARKETS

Birkelunden
Birkelunden is known for the white iconic bandstand that came into place in 1956, and the area we call **Birkelunden** has since 2006 been protected by the Cultural Heritage Act. **Sunday flea market** from 12:00 until nightfall. A hotspot for sunbathers during summer.

44 BREAKFAST AND BIER

Øvreves 4
Øvreves 4
 (Every day) Early bird? Not everything can be "just like Berlin", but **Labling** runs pretty close. Smelling of freshly baked bread and espresso, it's a good place to start of the day. They even have some alcoholic beverages. Visiting during summer? Ask the staff for the **bieregarten**. Danke school!

45 PICKING UP A NORWEGIAN.



and pick up your food at the counter in course includes both rice and naan, special is only 75 NOK. Simple, fast and

semi-celebs at **Angst** and a communist party at **Perestroika**. The alley provides cover for the weather, and the bars have utilized this quite well with comfy seats outside. Set aside an evening, and check in.

the best burger in town! It's crowded for a reason, but the service is quick so don't worry - you'll get your burger fix in no time. The menu is simple, it's easy to choose fish or veggie options, and you can get full from 79 NOK.

Trinity Church) is all right, but it's fairly easy to see we don't have a history as a superpower. The style is neo-gothic, it's built in 1858 and open for visitors Tuesdays from 16:00 to 18:00.

get bar in town, but you'll never know what they have on the 20 taps for the night - the rotating selection is one of their best qualities. Expect a nice mix of both imported and local beer, and the friendly staff lets you taste when in doubt. You can also fill your stomach with something other than beer here. Want a heart attack? Ask for the Glasgow effect, it's only 79 NOK.

Do you get weird responses to your approach? Adjust hi!

23 SOMETHING FISHY

Youngstorget 2b
(Mon-Sat) Before the big Norwegian oil fairytale in the 90s, we were a people living off fish and potatoes. But after we became rich and awful, we have replaced fish with red meat and more exciting international cuisine. **Fiskeriet** on the other hand stays true to the folk heritage and is both a fishmonger and a fish restaurant, all in one. The takeaway prices aren't that bad, and if you just want a snack, try a warm fish cake with remoulade for 55 NOK.

26 HARRY CULTURE

Melltorget 12
(Every day) A typical Norwegian family vacation is a caravan trip to Sweden's camping sites. There we eat hot dogs, listen to white trash music and play miniature golf. What we as kids longed to escape, **Oslo Camping** has embraced and turned into a nostalgic bar concept. Drink beer, eat ice cream and do 18 holes along with young locals, grandparents with kids, and awkward Tinder dates. Ask a local if this is "henry" culture, and you're in for an elaborate lecture.

29 GRRREAT MUSIC

Hammerborgtata 18
Head to the independent record store **Tiger** for CDs, vinyl and cassettes from the Scandinavian underground scene. In other words, this is a great place to discover new music, especially if you're into punk, metal, experimental stuff, DIY-culture and so on. They're also run by one of Norway's most interesting labels, **Fysisk Format**.

39 RETRO ROBOT

Korsetta 22
(Every day) If you are looking for vintage and retro items, **Grimelivka** area is the place to go. In the street **Markveien** there are several retro, second hand and vintage shops, open every day - even on Sundays. Be sure to stop by **Robot** on the corner. A must for retro heads.

40 WAFFLE KING

Sverdupsgate 2b
We love waffles, and associate them with fond childhood memories. For that reason, we're not surprised **Haralds Vaffel** was a huge success. Some guy started selling waffles from his bedroom window, and a few years later he expanded to **Grimelivka**. It might also be one of the few waffle shops with some degree of street cred! This joint actually has its own hip hop festival.

22 HIP TO BE (AT THE) SQUARE

Youngstorget/Torgata to-13
(Every day) A significant portion of Oslo's young locals go out at Youngstorget square and the streets around, like Torgata. At Youngstorget you'll find the rock bar **Mono** with free concerts on Saturdays. And **Internasjonale** known for cocktails and free entrance for dogs. And **Branza** where you'll rarely get a seat (Oslo's most intimate drinking experience). And the safest bar **Kulturhuset**, which is huge and always crowded.

27 SCENE OF THE TERROR

Akerstrata 42
22.07.2011 was the day when a terrorist set off a car bomb right here in the Government quarter, and then went off to a mass shooting on the island **Utøya** where the Labour Party's youth league (AUF) had their summer camp. Here you'll find the **22 July Centre** where the day's events have been thoroughly documented. It's free and open Tuesday to Sunday during daytime. By the bus stop you can see the shattered newspaper stand with its broken glass still covering the papers from the day of the attack.

30 ME LA MEZAH

Mariboes gate 6-8
(Every day) At the ugliest intersection in Oslo, **Mala Café** opened up not long ago. Nevertheless, you don't have to look outside - just look at the Middle Eastern food. It's both delicious and affordable. If you choose the mezzah you can build your own meal, but be sure to try the falafel, it's the best! Allow plenty of time, they are not known for speeding up the service.

41 COSMONAUTS UNITE

Tofteg gate 69
(Every night) At the heart of **Grimelivka** area, you'll find a subculture haven at **MIR**. The place is loved for the alternative music and art, and is situated at **Grimelivka Luffhorn**, a non-commercial cultural organization with studios for artists, galleries and workshops. Quench your thirst while relaxing in the airplane seats, or get for a free football match in the basement. Quiz on Mondays, concerts or DJs occupying the stage most nights. Very Instagram worthy graffiti in the backyard.

42 FOOD COURT

Maridalsveien 17 A
(Tues-Sun) A few years ago a whole new part of town appeared here from nothing - as sudden as a volcanic eruption. The name? **Vulkan** of course. Have a look at Oslo's attempt at a European food court. We call it

21 LOCAL

ping mall, second floor
re our wooden sweaters, preferably ur mum or grandmother. Looking for a court house and a bank. Today it's modern furniture and traditional Nordic ap, some expensive. On sunny days, great. On snowy days, their fireplace

25 BURGER JUNKIES

Melltorget 23
(Every day) It feels like there is a burger joint or bistro on every corner in the city centre these days. Osloites can't have enough, and it all started with **Illegal Burger**. Still

28 CHURCH

Akersgata 60
Not exactly la Sagrada Familia, but it's the best we got when it comes to churches. **Troldalshettkirken** (The

31 NICE PRICE RICE

Bernt Ankers gate 7
(Every day) Canteen-like and affordable **Lille Saigon** has served authentic Vietnamese food for 25 years, and gathers all sorts of people at their crowded restaurant. You'll find bankers next to students, and Louis Vuitton bag women next to hipsters. Unpretentious and clean is the code word for this place. The food is amazing, and the portions are huge, go for Pho or one of the Bun dishes.

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Despite our low crime rate and shy inhabitants, Oslo is nicknamed the "City of Tiger" (Tigerstadn). This traces back to a poem from 1870 by the author Bjørnstjerne Bjørnson, who found the city harsh and merciless. Today the Osloites have made the term their own, so if you want to insult us, you should have a go at something else, like our male soccer team or Kjøp. In fact when Oslo had its 1,000 year anniversary in 2000, the sculptor Elena Engelsen made a large tiger in bronze, which was placed outside the Central Station.

Do you get weird responses to your approach? Adjust hi!

PICKING UP A NORWEGIAN

We're an egalitarian society, and proud of it, so it's common to split the bill or take turns buying.

Don't be too romantic, it will definitely creep us out.

Keeping eye contact for a long time is super intimate to us, so if someone is looking into your eyes for more than the seconds they probably like you. Or more probably: They're insane. Or a foreigner.

It's everyone's game, so if you like someone, take initiative and say hi.

There is no need to boast your success or flash your money (if you have any). We like honesty, integrity, self-esteem and a laid-back attitude.

Osloites love to talk about themselves. Ask about being Norwegian and how we celebrate the national day on the 17th of May like extreme nationalists, why we eat frozen pizza on Christmas eve, and why Osloites have more one night stands than anyone else in the world.

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West walk.

Oslo's west side is the posh half of the city. It might not give you that metropolitan feeling, but it's good for a quiet or romantic stroll among nice architecture, nude sculptures and a beautiful park.

THE KINGSGUARD

In Norway, there is an entire family whose job is to cut ribbons. We call them the Royal Family. King Harald V. is considered the nation's cosy grandfather, and it's the flag at the castle is up, it means he's in the country.

1 The Royal Palace is kept safe by some guards in funny-looking uniforms, and part of their gimmick is to keep a neutral face expression no matter what you do. You should under no circumstances touch them though. They have guns. We hate guns.

EMBASSY SPOTTING

Leaving the Royal Palace you'll be walking through an area mostly occupied by foreign embassies. Look out for the Norwegian prime minister residence in the street **2 Inkognitogata 18**, the nice wooden houses in **3 Holtegata** and stop by **4 Albin Upp** - a super cute gallery and café where you can look at all the rich, clean and albuskald west-siders. When you continue walking, you can spot the functionalistic **5 Fire station** and **old transformer station** where Biskvisevien and Levenskoldsgate meet.

SCULPTURE PARK

You have just arrived at the biggest attraction in Oslo. **6 The Vigeland Park**. This is the world's largest sculpture park made by a single artist: Gustav Vigeland spent 40 years planning and building the park, and most of the works were in place around 1950. Oslo-lovers love hanging out on the grass, sunbath or play games here. Must-sees include the phallic-like **7 Monolith** statue and **8 Sinnataggen**, the angry boy on the bridge. It's free and open all day, every day, year round.

EAT LIKE A LOCAL

FROKOST Breakfast is the most important meal of the day, according to our parents anyway. Start your day with some slices of brown bread with *pollegg* (toppings) like ham, brown cheese, mackerel in tomato sauce or liver paste. We might mix it up a bit with boiled eggs, yogurt or oatmeal, but the bread is the cornerstone of the Nordic breakfast.

LUNSJ For lunch, bring your own *matpakke*. A *matpakke* is basically a packed lunch with, well, brown bread with *pollegg* (toppings). As a tradition in Norway, it stretches back to the 1930s and still holds a strong position in the population. It's considered very Norwegian because of its modesty, and for that reason a kind of symbol of our (former?) collectivistic mindset.

SWEET SNACK The Norwegian waffle is a good example of how poor even our treats are. The recipe is like pancakes, just with added sugar. Try it with brown cheese or jam and sour cream to really eat like a local. You'll find it at farmers markets and **Handelsvarfel** as well as old school cafes like **Hansen-Loviseas Hus** and **Albin Upp**. You might also get lucky at **Mat-hallen** (the food court).

UPMARKET SHOPPING

Bogetstuveien is one of Oslo's most popular shopping streets, but the upmarket is now primarily dominated by megastores and chains. Take the alternative route through **Ole Vigs gate** and **Vibes gate** and see the typical Oslo apartment buildings from the late 1800s, where many Young Osloites live.

RUNNING IN CIRCLES

Walk on down and see the huge **9 Bislett Stadium**, where the 1952 Winter Olympics opening ceremony were held. Today it still hosts both sports events and big techno festivals, and the stadium holds a crowd of 20000 people. It's open for visitors whether you fancy a look around or just want to run a victory lap. The entrance for workouts is from Sofies gate, and **wendrobes** (at your own risk) are available from 08:00-17:00.

VIEW OF THE CITY

Follow Louise's gr. to the **10 St. Hanshaugen Park**, one of Oslo's most popular parks, which also has a nice outdoor café area. The municipality has been considering using the old bomb shelter underneath as a graveyard because of little capacity elsewhere. Walk straight ahead and up to the top of the park for a terrific view of the city. On the way down, check out the bicycle-themed **11 Café Roulleur** for some cultural input, or **12 Smalhans** or **13 Schroder** for a Norwegian dinner.

Total walking time: 90 min



MIDDAGS We don't eat out often, especially not at restaurants serving Norwegian food. Still, we know you want to try it, so here are a few things you should know. Most places that serve Norwegian cuisine in Oslo are what we call a "brown bar". Meaning a kind of shabby place with brown interior, and clientele usually consisting of lonely alcoholics trying to make contact with whoever walks in. Still, some Nordic bistro places have popped up in later years with quite the success (and no brown interior). At **Kolonihagen Frogner** you'll get dinner and dessert for only 150 NOK on Mondays. Try **Pila** where the traditional dish *raspeball* (or *kumel*), is the today's special every Thursday 16:00-18:00 for only 159 NOK. The soup at **LOKK** is always a safe bet. Don't miss **Smalhans** and their today's special every Tues-Sun for only 75 NOK between 16:00-18:00. Be sure to book a table, it gets crowded!



MATTMAT Why eat fish stew when you can eat burgers, kebabs and pizza? Osloites especially love to eat kebab as a late night snack (while drunk). It's cheap, spicy and easy to consume, most of the time. Every Osloite will have their own favourite place, although there is no significant difference among 95% of the different kebab places in town.

The icons

- USE-IT Oslo info desk
- Oslo Visitor Centre
- Central Station
- Bus Terminal
- Ferry
- Attractions
- Nice wooden houses
- Places to kiss
- Crazy sculptures



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Gentrifcation station

On the east side of the map, you'll find Tøyen, the most up-and-coming area in Oslo. In the past, Tøyen has been known to have a great number of low income households, but these days the area is experiencing a tremendous development, and it's getting more and more hipster by the minute. The main bar on Tøyen is surely **Postkomoret**, but good things also go on at the cocktail bar **Human mode**. If you need a bite, you can check out **Søstrene Nordby**, a rather old school bakery with coffee for only 12 NOK before 10:00 on weekdays. You won't get your morning coffee cheaper. The restaurant and bar **rodskart** is also a good alternative to get some wholesome in solid and liquid form. Their dinners often have a stumble into the Norwegian territory as well.

Backpacking

As opposed to a backpacker, a backpacker travelable to Norway to experience black metal culture and history. Some of them get very disappointed when they discover that corpse paint is reserved for gigs, that sacrificing animals isn't really a thing, and that most metal-heads work as IT consultants or pre-school assistants. A mandatory destination is **Nesabøkk Records** where you can find old black metal demos and very weird collectibles. Probably the closest you'll get to a black metal museum in Oslo. Other record stores with a good metal selection are **Katankampen**, **Tiger** and **The Garden**. The main metal pubs are **Kriven** and **Rock in**.

Winter wonderland

If you're in Oslo during the winter, you're in luck. Winter might be what we Norwegians do best. Be sure to try cross-country skiing in the forest. You can rent ski equipment at **Oslo Vinterpark**, easily accessible by

Metro 1 to Voksenkollen. If you are in a romantic mood, you should bring a date to one of the many ice-skating venues in the city centre. Our top tip, though, is to go ice skating in the 2,6 km slope called **Korsetrekken**. Ask at the USE-IT info desk for tips and directions. Keep in mind the old Norwegian saying: There is no such thing as bad weather, only bad clothing. (Our version rhymes, pretty sweet?)

Summer islands

The favourite summer activity of many Osloites is to take the ferry to one of the islands in the Oslo fjord. Here we sunbathe, swim, barbecue and chill. It's a short ferry ride from **Aker Brygge** (close to City Hall), covered by regular public transportation tickets. Hovedøya is the largest island, with nice beaches, a gallery, a café and an old monastery ruin. Gressholmen is more rustic, with a worn-down café. On Langøyene you're allowed to put up your tent and go camping. It's a great place to have a picnic, swim and play frisbee.

Tourist classics

We want to be cool and only show you local stuff, but we also know you want to see the classics, so here's our short guide for a sightseeing adventure in the city centre. The first stop should be at the **Opera** where you can walk on the roof. The toilet inside is gorgeous, and probably the best public restroom we have to offer. **The Akershus Fortress** is 700 years old and the closest thing we get to an old castle. Open for visitors, and free entry. Stop by **City Hall**, ugly on the outside, but check out the beautiful art on the inside. Open for visitors and free entry. If you want to see a Parliament, visit the **Parliament**, called **Stortinget** in Norwegian. The main entrance is called **Løvbakken** (lion hill), because of the

two lions guarding it. Get a free guided tour in English on Saturdays at 10 and 11:30 until June 17. **The Royal Palace** is open to the public during summer, and costs 155/105 NOK to enter. If you're only visiting one museum in Oslo, we recommend the **National Gallery**. They have a large modern art collection, is home to the Scream-painting by Edward Munch and provides a beautiful insight to Norwegian national romanticism. Free entry on Thursdays. 30 walking minutes away you find Norway's biggest tourist attraction, the **Vigeland park**. Always free entry and open for all.

Best kept secret

Some say this is the only thing you need to see in Oslo. Emanuel Vigeland was the sculptor. Gustav Vigeland's (allegedly crazy) younger brother, and he built his own mausoleum with 14 astonishing seconds of echo. It's an almost pitch dark vaulted room completely covered with murals, and the sales of Emanuel placed above the entrance. Take metro no.1 to Stenstad and walk to **Emanuel Vigeland Museum**. It can be hard to find, but it's worth it! Check emanuelvigelandmuseum.no for directions. The museum is open to the public only on Sundays. Admission is 50 NOK.

Naked women

A few years ago, a local real estate mogul beamed up with the city of Oslo to turn the Ekeberg slopes, home to the earliest settlements in Oslo (10,000 years old), into a sculpture park with mostly female forms. The plans created some outrage, but it all turned out way better than expected. The artworks are spectacular, the view is great, and it's all for free. Take tram no. 18 or 19 to **Ekebergparken** and work your way upwards. Or take **the Scream-stairs** to see the point where Munch

supposedly stood when he got the Scream.

Norwegian woods

Norway is probably the most beautiful country in the world. We do have our Norwegian mountains and forests, and they are amazing. We call them **Marka**, and they are a way to get a taste of Oslo's forest. 5 to Sognsvann and walk around roughly 3 km. If you feel adventure a detour on one of the many paths are several suggested walks in with small paint spots on the tree. Hiking tips from the real pros, you can find them at the **Norwegian Trekking Association (DNT)** **Storgata 3** or their centre **Fritidshuset 124**. They also sell gear, map, and equipment.

Tentative living

What's fun, free and kind of not really? Yeah, snus, and alternative than hostels, guesthouses but it's not something we recommend (because you will most definitely A tent doesn't necessarily cost a lot to camp at the island Langøyene surrounding Oslo. Do you like **At Bogstad Camping** or **Ekeberg** pay for a slot and have access to a kitchen.



East walk.

The east side is the city's international and cultural half. Do some vintage shopping and hang out with hipsters and hobos in the parks at Grunerløkka. Then visit the multicultural areas Tøyen and Grønland.

POLITICAL CLUBBING
You are at **1** Youngstorg. Up the hill you can see **2** the Government quarter that was bombed in 2011. Youngstorg square hosts the headquarters of many political organisations, and is considered a centre of political power in Norway. At Youngstorg and through Torgata you'll walk through one of the best bar streets in downtown Oslo. Here, 'new pubs, eateries and shops are constantly popping up.

FAIRTALE BRIDGE
When approaching the Akerselva river you'll pass **3** Jakob Kirke, a former church gone cultural venue. Walk on to the bridge **4** Ankerbrua which is called Eventyrbrua (the Fairytale bridge) by locals, due to the statues of figures from old Norwegian fairytales. The four bronze statues, made by Dyre Vaa, were placed here in 1937. The most famous one is Henrik Ibsen's Peer Gynt, which is the title character of a drama we think the whole world knows about.

SOCIAL GRAVEYARD
Grønleiklia, or Løkka as the locals call it, is full of parks. Watch the hipsters at **5** Olaf Ryes plass, the burns at **6** Birkeunden and continue back down to **7** Sofienbergparken. This was once a cholera graveyard, but today you're more likely to see old men drinking beer alongside children playing and people walking their dog. It may look shabby, but as long the weather is good, it'll be packed.

MUNCH IN BLOOD
Walk on through the Botanical Gardens - a free and tasty suitable place to hold hands with your lover. Did any-one see Snocchino and the bandit? In the garden's cafe, **8** Handverk, you can stop by for a some baked goods. On the other side of the road you'll find the Munch Museum. Edvard Munch, our favourite expressionist, is probably most famous for The Scream - which has been stolen twice. Also, the curator of the museum in the 1960s stole 71 works of art over a five year period. A real G.

The river Akerselva divides the city into east and west, and was the centre for the industrial growth in Oslo from the 1850s. Throughout Oslo city's 1,000-year history, it has been of great importance, and today it's a popular walking trail for locals.

River walk.

VATERLAND SLUM
The area Vaterland was for a long time the city's slum. Sewage, human waste and sawdust made the river brown and stinky up to the 1950s. In the 60s it was covered like you see it today; the river enters a 500 meter tunnel before ending in the Oslo fiord. Don't enter **1** Stangate, it's never worth it.

RIVER HEALTH CARE
A couple of years ago, the lower part of the river was characterized by criminal gangs, dope dealers and generally grimness. Today you can still see a drug addict, once in awhile, but Osloites aren't that afraid to get robbed anymore. We just don't look into

CHIP HIP ANDUGLY

A boom in Young residents and popular places to go out happened to Tøyen a few years ago, and **9** Tøyen Torv is the heart of it. Perfect for a drink or a snack on your walk. Need a place to chill or work, you should stop by the library Tøyen Bibliotek. You'll hardly find any cooler library. Follow the footpath and look up, street art on the building walls ahead.

LITTLE BLUE MOSQUE

On the way down Akerselva you'll pass a **10** mosaic artwork from 2014 which binds different cultures and styles together on the prison wall. Just like the prison on the inside. Then pass one of Oslo's few mosques, called **11** World Islamic Mission, which is home to the largest Muslim congregation in Norway, with around 5,000 members. The beautiful tiles and decorations makes this mosque the prettiest in the whole city. (Or the exterior at least, they are not open for visitors.) Just across the street you'll find **12** Oslo Prison, which has been in use since 1851 and is Norway's biggest prison. By this summer it will be all emptied out and the prisoners relocated. We still don't know what's going to happen to the historic building.

OLD TOWN

Grønland went from being a shabby, working class area in the 50s and 60s to be dominated by the Pakistani immigration population from the 90s onward. Today you'll find people from all over the world here, though mainly with non-western background. If it wasn't for the immigrants, Oslo's population would actually decline. Grønland is full of cool little vegetable and textile shops, halal butchers and more or less dodgy bars. Stop by **13** the old fire station and Museum for a coffee at Kaféblomstret. End your trip at **14** Grønlands Torv and spot the Akerselva river disappear under the Bus Terminal.

Total walking time: 90 min



You're now on the suspension bridge **7** Amneidbrua, built in 1852, then moved and set up over the river in 1962. It's known for the inscription on the side, meaning 'do not men! Carry but fall under mythical matches'. Try jumping while on it, it's kind of safe.

DEATH TO ALL

After a cholera spill in 2011 all life in the river died, but the salmon came back autumn of 2015. Beware though, you can't fish in the river without a permit. At **8** it's illegal to fish entirely, it's where the fish spawn.

FINAL RESTING PLACE

Stop by the café **9** Hanser-Loviseas Hus for a cup of coffee and something homemade. Authentic grand-

