

OSLO, NORWAY



2019

VisitOSLO MEDIA KIT

Welcome to Oslo.

This digital media kit includes useful tips on cool things to see and do in Oslo, as well as some practical information. Please note that changes may occur.

Do not hesitate to contact the VisitOSLO media team for further details regarding your media visit to Oslo.

VisitOSLO - media@visitoslo.com

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Oslo, Norway

VISITOSLO MEDIA KIT

Introduction to Oslo

The once distant and remote outpost which once was Christiania, has in recent years turned into one of Europe's fastest growing capital cities, with a population of 700,000 expected to reach the 1 million mark within the next twenty years.

With a healthy influx of people constantly moving to Oslo, the city has begun to resemble the soul of the people that inhabit it.

Dozens of lively cafes, bars and restaurants have popped up, and continue to do so all over town, at a rate which even most Osloites find hard to follow.

And whilst the once rusty docks have transformed into luxurious seafront architectural marvels, other less known pearls of Oslo's industrial past have been re-discovered and revamped into food halls, colleges, bars, restaurants, festivals and art galleries, breathing a much needed breath of fresh air into Oslo's cultural life.

Oslo is the cold north. It is also warm summery days on the fjord. Oslo is skiing and trekking in the Oslo forest and fine dining later the same evening. Oslo is Munch, the Opera, stunning parks, unique cocktail bars and a vibrant urban scene. [Oslo is the new undisputed capital of Scandi cool.](#)



- ★ Oslo on National Geographic Traveller (UK)'s [The Cool List 2019](#)
- ★ The Oslo restaurant À L'aise on Forbes' list [The 10 Coolest Places to Eat in 2019](#)
- ★ The Thief on Condé Nast Traveller's [Gold List 2019](#)
- ★ Our film from Oslo Pride 2018 [The Proud Experience](#) won the category Storytelling at The European Excellence Awards
- ★ Oslo celebrates the 150th anniversary of sculptor Gustav Vigeland in 2019. #vigeland150

For more inspiration, facts, **free images and videos**, please visit:

www.visitoslo.com

[VisitOSLO's free image and video bank](#)

[YouTube.com/visitoslo](https://www.youtube.com/visitoslo)

www.vimeo.com/visitoslo

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Oslo European Green Capital 2019

Sustainable city planning. Car-free urban living. Green entrepreneurship. Local produce in eco-friendly restaurants. An environmentally friendly airport and eco-friendly music festivals. Learn more about what makes Oslo an eco-friendly capital out of the ordinary [here](#).

- 🌿 [Here](#) you can find highlights of the 2019 event programme in Oslo.
- 🌿 Oslo European Green Capital [press room](#)
- 🌿 Twitter: [@GreenOslo2019](#)
- 🌿 The City of Oslo: Green Oslo's [Best Practices](#)

Oslo's diverse neighbourhoods

Oslo is a unique blend of diverse and colourful city neighbourhoods, fanned out around the relatively small city centre, each with its unique style and character. All are within a short 10-20 minute walk from the Oslo central station.

- **Oslo city centre.** The centre encapsulates a mixture of historical buildings (Akershus fortress, Royal Palace, City Hall, Parliament) and some of the city's most modern projects (Opera, Astrup Fearnley Museum, Tjuvholmen neighbourhood, Barcode and Sørenga).
- **Aker Brygge & Tjuvholmen.** Two modern seafront neighbourhoods bursting with bars, restaurants, shops, a stunning art museum and exciting private art galleries.
- **Frogner.** Possibly Oslo's finest neighbourhood, residential and perfect for a stroll, especially around the Solli Plass area (Bygdøy allé), and up towards the Vigeland (Frogner) Park. Gimle kino (a wonderful old school cinema) is located in Frogner, as well as some of the finest restaurants in Oslo.
- **Bislett & St.Hanshaugen.** These laid-back, family friendly neighbourhoods are dotted with lovely parks, and dozens of cozy cafes and eateries.
- **Grünerløkka.** The bohemian/hipster part of town. Loads of great vintage boutiques, cafes, cocktail bars and pubs, stretching along the east side of the Akerselva river.
- **Grønland.** the heart of Oslo's multicultural side. Loads of international eateries and some great bars.
- **Gamle Oslo & Kampen.** Visit Kampen to see some of the last remaining traditional wooden houses and get a glimpse what Christiania (Oslo) once

looked like, before many of the buildings burned down.

- **Tøyen.** A part of town which has seen much revival of late. Check out the huge street art, and some of the new eateries, bakeries, bars and coffee shops at Tøyen Torg.
- **Bygdøy.** The museum peninsula is home to some of Oslo's most iconic museums. Easily reachable by bus and ferry (spring & summer).

Oslo's top attractions

Here are a few tips to get you started on some of Oslo's top attractions and must do's whilst you're visiting. Click on any of the links provided for more information.



- **Opera house:** Oslo's most iconic modern building. Discover the view of the Oslo fjord from its roof-top and restaurants.
- **National Gallery:** *Closed from January 13. The new National Museum will open in 2020.*
- **The Munch Museum:** Constantly changing exhibitions that present the variety in Edvard Munch's works. *NB! A version of "The Scream" will be on display from mid May until end of 2019.*
- **Holmenkollen ski jump and ski museum:** No trip to Oslo is complete without experiencing the breath-taking views from the top of this impressive structure.
- **Vigeland sculpture park:** Oslo's most visited attraction. Don't mind the hundreds of naked sculptutres, but do stop by the figure of the famous crying child for a selfie (#Sinnataggen).

- [Viking ship museum](#) and [Norsk Folkemuseum](#). Great places to learn about Viking and Norwegian history.
- [Fram museum](#) and [Kon-Tiki museum](#): Two iconic museums that tell the story of Norway's adventurous past.
- [The Akershus fortress](#): Discover the medieval fortress and enjoy the views of the modern seafront area of Aker Brygge and Tjuvholmen.
- [Astrup Fearnley museum](#): A must for lovers of contemporary art and cutting-edge architecture.
- [Ekeberparken](#): Scream your lungs out and enjoy the quirky statues and stunning views of the city and the fjord. This is [the place](#) where Edvard Munch got his inspiration for *The Scream*.
- [The Oslo fjord](#): Go island hopping with one of the public ferries, take a 2 hour sightseeing boat tour of the inner Oslo fjord (weather permitting in the winter), or try a fjord cruise on board the new the eco-friendly sightseeing boat Vision of The Fjords.

Check out VisitOSLO's website for more on [Oslo's main attractions](#).



Architecture & Design

Oslo is changing at a flabbergasting rate, with new buildings, museums and whole neighbourhoods sprouting out all over town. Oslo's seafront area, with its harbour walk stretching from Sørenga and the Opera house all the way to Tjuvholmen, is the best way to get an idea of the contrasting realities of Oslo's architecture.

Some of the highlights along the way are:

- [Sørenga](#) neighbourhood and salt-water pool (photo to the right).
- [The Norwegian Opera & Ballet](#), and the Barcode skyscraper complex ([Bjørvika](#)).
- [The new Munch museum and Deichmanske bibliotek/Oslo Public Library](#).
- [The Akershus fortress](#).
- [The Oslo City Hall](#) – Free entrance to all visitors unless stated otherwise.
- The [Nobel Peace Centre](#) and the building of the new National museum.
- [Aker Brygge & Tjuvholmen](#) and the [Astrup Fearnley museum](#).
- Along the Akerselva river – formal industrial area, now home to the [Vulkan](#) complex, the [Mathallen food hall](#), the [DogA](#) museum, as well various eateries, bars and art projects.
- Other [new neighbourhoods](#) have also seen vast redevelopment in recent years.

Check out VisitOSLO's website for more on [Oslo's newest architecture](#).

Shopping, shopping, shopping

You'll find some of Oslo's finest stores conveniently located on and around Oslo's main pedestrian street Karl Johans gate, and Prinsens gate (running parallel to it.)

Check out VisitOSLO's website for more on [Oslo's luxury shops](#).

Here are a few tips to get you on your way:

- [Steen&Strøm](#) shopping centre just off Karl Johans gate.
- [Paleet](#) shopping centre incl. shops like:
 - [T-Michael/Norwegian Rain/Modern Tribute](#) Flagship store
 - by TiMo
 - YME (Tom Wood retailer)
 - Arniesays
- [Aker Brygge](#) seafront neighbourhood, for restaurants and shopping.
- [Eger](#) – Oslo's most exclusive shopping gallery, on Karl Johans gate.
- [Glassmagasinet](#) just next to the Oslo cathedral.
- [Tom Wood store](#) in Kirkegata, entr. from Prinsens gt.)
- Furniture/interior design: [Kollekted by](#), [Pur Norsk](#), [Norway Designs](#), T-Michael.
- [Holzweiler](#) brand store, just off Hegdehaugsveien high street, in Oscars gate 19.
- [Norwegian Fashion Hub](#) is an "Arena" cluster and part of the Norwegian Clusters of expertise program financed and developed by Siva, Forskningsrådet and Innovation Norway. Founded in 2014.
- [T-Michals T-Kimono collection](#)
- [Oslo Escape Routes: Design](#) – a suggested walking route with stops along the way

Check out VisitOSLO's website for more on [shopping in Oslo](#).

Urban Foodie Culture



Oslo is fast becoming a top foodie destination with new restaurants and bars opening every month. This food revolution is best embodied in Oslo's two main food halls.

[Mathallen food hall:](#) Indoor food market in Vulkan/Grünerløkka, with more than 30 specialty shops, cafés and eateries that offer high-quality products from Norwegian small-scale producers as well as special foreign imports. For press images, click [here](#).

[Vippa food hall:](#) a hip new food hall located inside an old depo. On Oslo's seafront at Vippetangen. Old containers have been refurbished into an array of international eateries. Vippa's main goal is to bring together all the different food cultures present in Oslo.

The only restaurant in Norway with three Michelin stars is found in Oslo – of course! Also listed as *the world's 35th Best Restaurant* in the 2018 edition of the World's Best Restaurants, it's the one and only [Restaurant Maemo](#). ***

A unique feature of Oslo is the "trash gourmet" scene. Michelin-trained chefs serving street food in simple, urban spaces. You'll find them parked in a street called [Torggata](#). [Munchies](#), [Taco Republica](#), Wunderburger, Freddy Fuego and [Crowbar](#) are all examples of this new urban movement.

Here are a few other cool eateries worth checking out:

Arakataka: is just around the corner, offering set-menus in an affordable and chill-axed restaurant. Informal gourmet restaurant located just around the corner from Rockefeller Music Hall, near Torggata.

Bar Lardo: Small bar with excellent charcuterie, located in trendy Møllergata, near Revolver club.

Brutus: Nordic bistro with natural wines, located in the up and coming area of Tøyen.

Ekebergrestauranten and **Karlsborg Spiseforretning:** located on a hill above Oslo, with amazing views of the city and fjord, and surrounded by the Ekeberg sculpture park.

Festningen restaurant: a great restaurant that boasts not only excellent meals, but also a fabulous view.

Galt: Nordic restaurant in the Frogner neighbourhood. One Michelin-star 2018.

Genki: Japanese izakaya inspired restaurant in the Vika neighbourhood. Offers a great variety of bento boxes for lunch.

Happolati: Located in St. Olavs plass. Asian-Nordic fusion restaurant with a menu heavily inspired by the head chef's travels in China, Taiwan, South Korea and Japan. Produce from local suppliers form the base of the menu, which the kitchen composes according to what is in season.

Izakaya: Japanese pub with sake, shochu, beer, whiskey, umeshu and great food on the menu. Hidden pearl located in in St. Olavs gate, close to Happolati and Fuglen bar (with excellent design and cocktails).



Smalhans: Neighbourhood restaurant at St. Hanshaugen with healthy, home-made food at the right price. Listed in the Bib Gourmand Michelin guide.

Kolonihagen Frogner: a charming setting for fresh, quality food of the best kind, located in the Frogner neighbourhood.

FYR Bistronomi: One of the best new restaurants in Oslo in 2017, according to foodie Anders Husa. Located in Hegdehaugsveien high street near Majorstuen.

Kolonialen: Located in the lovely Bislett area, Kolonialen is a neighbourhood restaurant with an informal atmosphere and an international feeling.

Illegal burger: Located in trendy Møllergata. Best burgers in town!

Kampen Bistro: a pearl of a local restaurant located in Kampen, an old part of town, spotted with traditional wooden houses, and views of the city.

Olympen: Historic beer hall and restaurant in the Grønland area, also known as "Lompa." The menu consists of traditional Scandinavian dishes to combine with loads of different beers.

Vaaghals: Located in the Barcode area behind the Opera house. Great place for traditional Norwegian dishes with a modern twist.

Edda: Casual restaurant with New Nordic cuisine, located in the Barcode area behind the Opera House.

Sentralen restaurant: New Nordic Bistro in the historic and picturesque area Kvadraturen. An informal dining venue

serving food made from quality Norwegian ingredients and continental flavours.

Katla: In Universitetsgata – Star chef Atli Már Yngvason opened his new restaurant Katla in August to rave reviews.

Mangelsgården – cosy restaurant and wine bar with a nostalgic Northern European kitchen (by Henrik Henriksen).

Einer – Nordic grill restaurant.

Ben Reddik – Lebanese restaurant by Henrik Henriksen.

Cantina – Mexican street food restaurant.

Check out VisitOSLO's very own foodie pages - [Oslo for foodies](#) - for more tips on cool places to eat and drink in Oslo.

Anders Husa, an Oslo based foodie, also has a [great website](#) which keeps you up to date on the latest food trends and brand new eateries in Oslo.

Coffee, cocktails & everything in between

Coffee plays an especially important part in Oslo's everyday life. The city boasts world champion baristas and dozens of cozy coffee shops. Check out [Tim Wendelboe](#), [Supreme Roastworks](#), [Java](#), [Fuglen](#), for some retro Norwegian interiors, and [Hendrix Ibsen](#).



If it's a drink you're out after, why not try any one of the following suggestions:

Brygg Oslo: One of Oslo's newest beer breweries, with hundreds of beers on tap and in bottle. Centrally located at the west end of Storgata, it's a popular venue, especially after work on Fridays.

Crowbar is one of Oslo's most famous bars, located on Torggata, and conveniently located very close to a number of other cool bars and eateries.

★ **HIMKOK:** [Named 20th Best Bar in the World in 2017...](#) Need we say more?

***ISM:** Hedonism+humanism=*ISM. Located in Stortingsgata. Enjoy unique cocktails and quality wines with a clear conscience. (Check out the hidden bar in the basement!)

Den Gamle Skobutikk: Amazing drinks, beautifully prepped. Hidden in the Strøget arcade between Torggata and Storgata. The arcade is also packed with other bars and eateries, e.g. [Angst Bar](#).

Kulturhuset: A famous hangout for the locals. Varied, eventful, cozy third space. Open from early morning 'til late night. Often a venue for seminars, concerts, dj sessions, fairs, shuffleboard, and a great co-working space.

Skatten: The new third space in Oslo. Opened in August 2018. Located in Tøyen, just by the metro station. Open from early morning 'til late night with concerts, seminars, dj sessions and fairs.

Nedre Løkka: Located on the south side of Grünerløkka, as the name suggests, this is the perfect setting to start your night out with a drink.

Looking for the perfect gin and tonic? Head for [Chair](#) gin & tonic cocktail bar in Grünerløkka. Or continue further up the street to [Couch](#), Norway's first Italian aperitivo lounge.

Oslo Mikrobryggeri is a well-kept secret amongst Oslo beer lovers. Just a hand full of in-house beers on tap in a great pub ambience. Located just off Bogstadveien.

Schouskjelleren is a must visit for beer enthusiasts in Grüneløkka. An underground grotto, with its own fireplace and its very own brews.

Merkur bar: A neighbourhood bar, focusing on pure wine, natural sake, stirred drinks & spritzes. Located in St. Hanshaugen, a few minutes walking distance from the city center.

Oslo camping: Bar and club with an 18-hole indoor mini golf course. DJs on weekends.

Torggata Botaniske: A cocktail bar that grows its own herbs. Filled with green plants from floor-to-ceiling, it makes for some fresh city air.

Frank Znort Quartet at Blå: If you have a Sunday night off, this is a “must” for live music. Their motto: “We f**k-up your Mondays!”

Gurken Gurken Gurken Gurken: Quirky bar just by Brutus bar in Tøyen.

Youngskvartalet located on Youngstorget houses various venues:

Check out **Gunnars Generasjonsbar** for all-day breakfast and cocktails. **Håndslag**, a pub/butcher (why not). **Nemesis** restaurant for a touch of Nordic bistro, and **Andre til Høyre**, possibly Oslo’s coolest cocktail bar that looks like a retro apartment. If you’re wondering whether you’ve walked into a private house party, you’re in the right place.

Check out VisitOSLO’s website for more information on [restaurants and nightlife](#).

Urban Sauna Culture

Urban sauna culture has taken Oslo by storm, and the Oslo harbour now boasts several options for sauna sessions followed by refreshing dips in the fjord.

KOK sauna boat: offers a warm, wood-fired sauna, refreshing baths and trips in the inner Oslo Fjord. The boat is quiet, with an electric outboard motor and roof-mounted solar panels,

so guests can relax and enjoy the fjord view in a noise-free environment. (Closed in July.)

Oslo sauna raft: The charming **Oslo sauna raft** floats on the fjord vis-à-vis the Oslo Opera House. The raft is built by a group of hard-working sauna enthusiasts and made from recycled materials and driftwood rescued from the fjord. The sauna can house twelve people at a time, and there is even a hatch in the middle of the floor that leads straight down into the water. The sauna raft is in operation all year round.

Oslo Fjord Sauna, Oslo’s latest floating sauna, is an architect-designed sauna raft docked close to the Opera House.

SALT: Great sauna experiences also await at **SALT**, a one-of-a-kind nomadic art project that currently resides in Oslo. SALT includes three saunas that accommodate well over a hundred people in total. You can cool off outside with cold showers and relax in wooden barrels filled with water.



Edvard Munch and Oslo



Edvard Munch and Oslo are connected in several ways. Oslo is the city where Munch grew up and started out as an artist. It is also the place where he spent the last decades of his life. Today, Oslo houses a large part of Munch's artistic production, including his best-known masterpieces.

Go to VisitOSLO's website to explore our [interactive map of Munch's Oslo](#) – your guide to the ultimate Munch experience. Here you will also find information about [Munch's art in Oslo](#), [Oslo in Munch's art](#), [Munch's Grünerløkka](#), and a brief introduction [Who was Edvard Munch?](#)

For information about the **new Munch Museum** opening in the Bjørvika harbour in 2020, [click here](#).

Gustav Vigeland and Oslo



Oslo celebrates the 150th Anniversary of sculptor Gustav Vigeland in 2019. Read more about Gustav Vigeland [here](#). #vigeland150

Oslo airport

Avinor Oslo airport is the largest airport in Norway and one of the world's most eco-friendly airports. The [award winning new terminal](#) completed in June 2017 has been called the "world's greenest terminal". (The terminal is integrated in the existing structure.) A number of steps were taken during the expansion to reduce carbon footprint, in order to make Oslo Airport as environmentally friendly as an airport can be.



Oslo airport has new [smart energy solutions](#) that are not used by any other airports in the world! For example:

- Snow from the runways is collected in a huge **snow depot**, and when summer comes, the snow from the past winter is used to cool the North Pier.
- The new terminal is a **passive energy building** built using a high percentage of recycled materials, greenhouse gas friendly insulation and with roof made of wood instead of metal.
- [Norway's first electric aircraft](#) was tested at Oslo airport on June 18th 2018 (see [video](#)).
- Fun fact: Oslo Airport has the [world's largest snow blower](#).
- [News and press releases](#) from Avinor.

Practical information

AIRPORT TRANSPORT – OSLO AIRPORT (OSL)

[Flytoget](#) express trains - every 10 mins – 190 NOK - 19 min travel time to Oslo S and Nationaltheatret in Oslo city centre.

[NSB](#) national trains – every 30 mins – 101 NOK – 25 minutes

Whilst both services offer a great option in and out of town, **Flytoget** is seldom subject to delays, includes a travel insurance, and is available for early departures from Oslo S.

PUBLIC TRANSPORT

On www.ruter.no/en and in the **Ruter Reise app** for smartphones you will find useful information regarding routes, timetables and fares. The Oslo transportation network includes subway (metro), trams, buses and ferries (mostly in spring & summer).

[Check out VisitOSLO's website for more information on transportation in Oslo](#)

SAFETY

Oslo is a relatively safe city by European standards. All visitors are still expected to use common sense, especially if moving about the city alone in the late hours of night.

MEDICAL CENTRES

Oslo legevakt - Oslo Emergency Ward (A&E - open 24 hours a day)

Address: Storgata 40, Oslo
Tel. (+47) 116117

Volvat Medical Centre (private)

Address: Borgenvaien 2 A, Oslo
Tel. (+47) 22 95 75 00

Emergency dental clinics

You will find an emergency dental clinic on the third floor of the Oslo Bus terminal Galleriet (simply known as Galleriet), open for everyone with dental emergencies. Pre-scheduled appointments are not possible.

Opening hours on public holidays are the same as on weekends: 11 am-2 pm and 7-10 pm.

Payment by bank card only.

[Tannakutten emergency dental clinic](#)

Hansteens gate 3

Private emergency dental clinic that performs all types of dental services for adults and children.

The staff speaks Norwegian and English.

Varying opening hours on Sundays and public holidays.

In case of emergencies outside of opening hours, call (+47) 91 19 10 01.

Pharmacies

Pharmacies (in Norwegian: Apotek) can be found all over Oslo. Jernbanetorvets Apotek across the street from Oslo Central Station as well as the Apotek 1 at the emergency ward (Oslo Legevakt), are both open 24 hours a day.

Emergency phone numbers

Fire department: 110

Police: 112

Ambulance: 113

Note: These numbers are reserved for emergencies

Drinking water

The tap water in Oslo is of excellent quality.

You can drink tap water from anywhere as long as nothing else is stated. Bottled water can be bought in supermarkets, kiosks, gas stations and delis.

MONEY

The Norwegian currency is the Norwegian Krone (NOK). Coins: 1, 5, 10, 20 Kroner, whilst notes are: 50, 100, 200, 500 and 1000 Kroner.

1 USD = approx. 8 NOK

1 EURO = approx. 9,3 NOK

1 GBP = approx. 10,4 NOK

[Currency converter](#)

Currency exchange offices in town: Oslo Visitor Centre, Forex and DNB Bank.

Credit cards

Visa, Eurocard, MasterCard, Diners Club and American Express are widely accepted cards in Norway, but do note that some supermarkets and petrol stations do not accept credit cards.

Oslo Visitor Centre **(Tourist Information office)**



The [Oslo Visitor Centre](#) is open every day of the year. Located within the [Østbanehallen](#) food hall next to Oslo S central train station.

Qualified and friendly staff will be able to help answer all your questions.

Free information, maps and brochures.

Free Wi Fi.

Contact details:

info@visitoslo.com

[+47 23 10 62 00](tel:+4723106200)