

Practical information – Oslo

The Airport

The most accessible airport in Norway is **The Gardermoen Airport** located 50 km north of the centre of Oslo.

Travel to and from the airport

Frequent rail and bus services run from the airport to the central bus and train station in the centre of Oslo. There are two train stops in the city – Oslo Central Station (Oslo S) and National Theatre Station.

Airport Express Train (known locally as the “flytog”) departs the airport every 10 minutes and takes 20 minutes from the airport to the city centre. Costs are NOK 360, - for a return ticket. Tickets must be purchased before boarding the train in the local Norwegian currency (Kroner) or by credit card.

Local trains are cheaper (NOK 196 for a return ticket) and take about 25 minutes from the airport to the Oslo Central Station. Departure timetables are displayed above the ticketing counters. Tickets for the local trains can either be bought before boarding the train or on the train in either the local Norwegian currency or by credit card. Tickets bought on the train are NOK 50 more expensive.

Taxi from the airport to Oslo costs about NOK 600 one way. There is a taxi information desk in the airport arrivals hall.

The Airport Express Coach takes approximately 45 minutes from the airport to the city centre and a return ticket costs NOK 250.

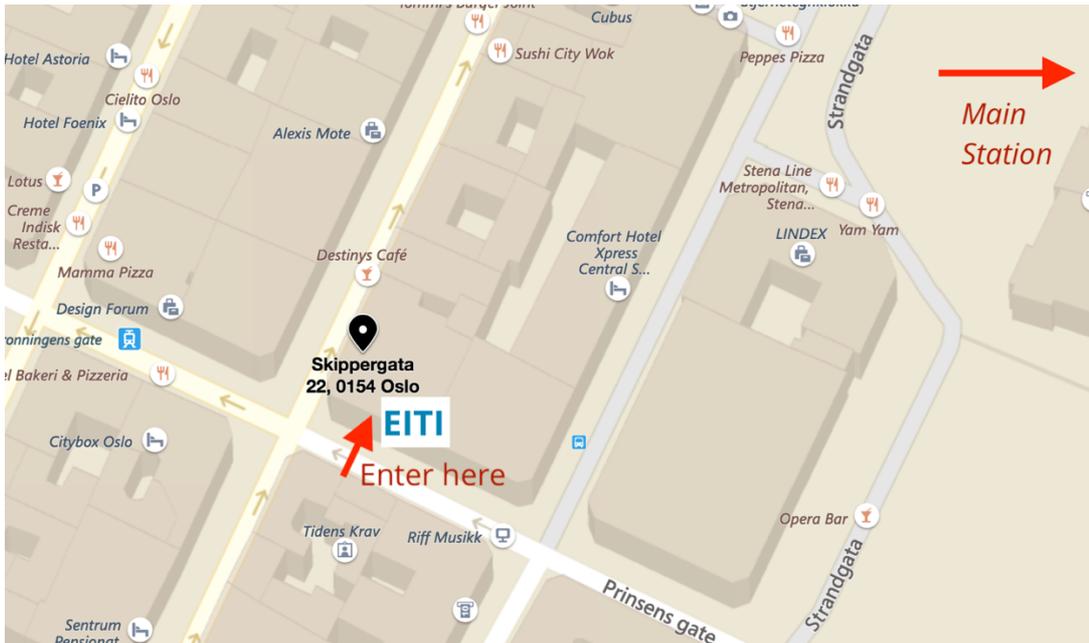
From Oslo Central Station to the EITI office

From Gardermoen Airport, please take the Airport Express Train all the way to the **Oslo Central Station (Oslo S)**. This journey takes no more than 15 minutes. Arrive at Oslo Central Station and take the exit marked “KARL JOHAN”. It is a short 10-minute walk from the station to the Office

The office is located on Skippergata 22. The entrance is on **Prinsens gate**. Look out for a sign “OHOI” – which stands for Oslo House of Innovation. Our offices are located there. There will be a sign on Prinsens gate with the note “EITI Retreat – 4th floor” and the door will be unlocked.



**OSLO HOUSE OF
INNOVATION**



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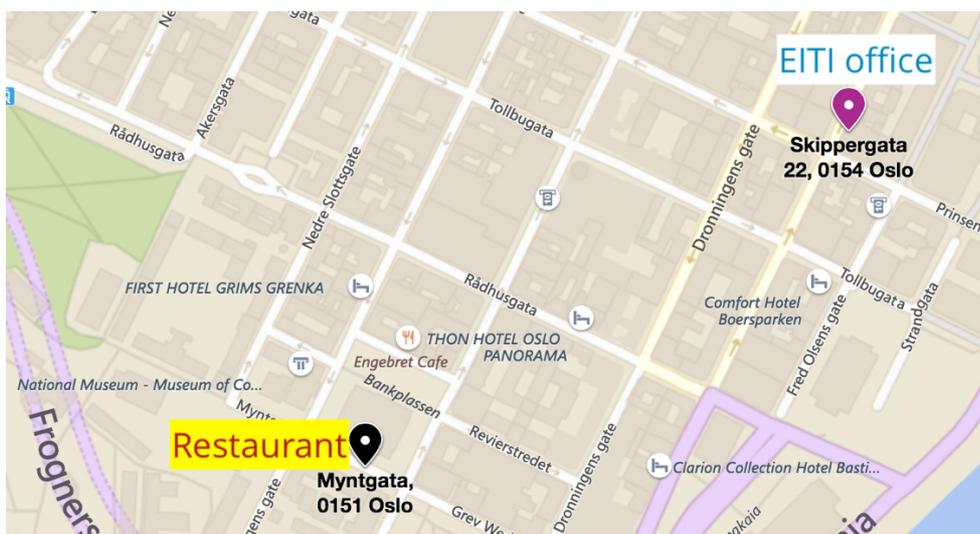
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Restaurants

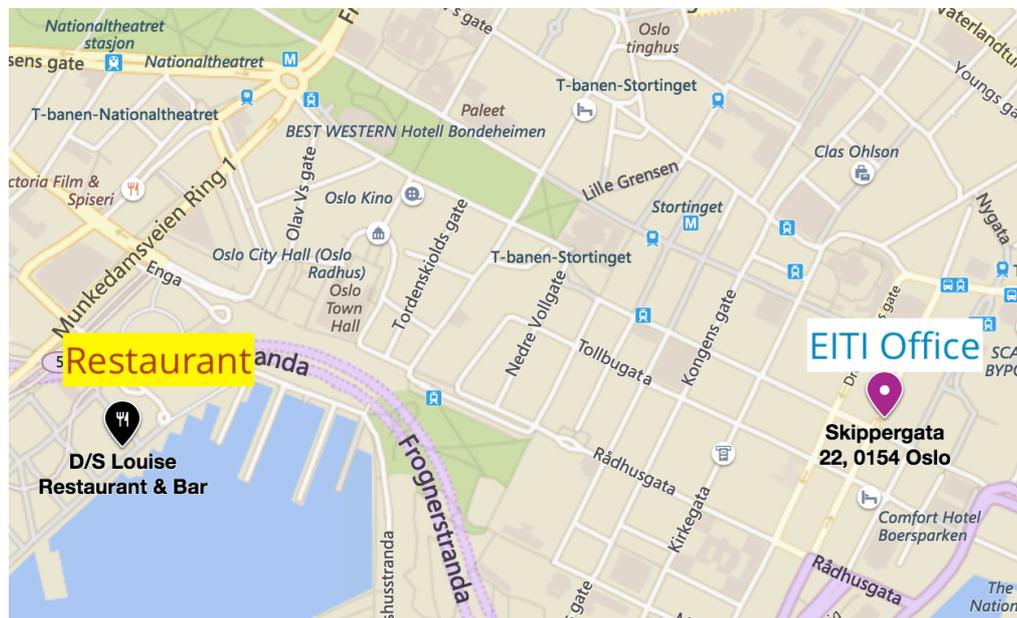
Wednesday, 19 hrs, Festningsrestauranten

Myntgata 9, 0151 Oslo



Thursday, 19 hrs, Restaurant Louise

Aker Brygge, Stranden 3 0250 Oslo

**Useful Information**

Currency: The currency in Norway is the Norwegian Kroner. Notes are in denominations of NOK 500, 200, 100 and 50. Coins are in denominations of NOK 20, 10, 5 and 1.

Exchange rate: 1 USD = 8.34207 NOK (www.xe.com) / 29/08/18

All major credit and debit cards are widely accepted. ATMs are widely available- look out for the sign “Minibank”. Many kiosks have ATMs.

Climate: The average temperature in Oslo in September is quite mild at 10.8 °C (51.44 °F). Afternoons can be very mild with [average high temperatures](#) reaching 16 °C (60.8 °F). [Overnight temperatures](#) are generally a little cool with an average low of 8 °C (46.4 °F).

Clothing: Warmer clothing is recommended for the cooler evenings.

Language: Norwegian is the official language. English is spoken by most people.

Emergency telephone:

Police - immediate assistance: Tel 112.

Ambulance and Medical assistance: Tel 113.

Time: GMT + 1

Electricity: 230 volts AC, 50/60Hz. Plugs are of the European round two-pin type.

Some recommended sights and activities

The National Gallery

The National Gallery has Norway's largest collection of Norwegian, Nordic and international art from the beginning of the 19th century up until today. The main exhibition displays Norwegian and international paintings and sculptures from the 19th century up until today, including many of Edvard Munch's major works. *How to get there: Tram/bus to National Theatre.*

The Viking Ship Museum – the Kon-Tiki Museum – the Norwegian Museum of Cultural History. These three museums lie on the “Bygdøy peninsula”, a 15-minute bus ride from Oslo city centre. In the **Norwegian Museum of Cultural History**, one of Europe's largest open-air museums, you find a variety of traditional houses from all over Norway. There are also several indoor exhibits with traditional handicraft items, folk costumes, furniture and church interiors. The **Viking Ship Museum** presents great Viking ship discoveries as well as other finds from Viking tombs around the Oslo Fjord. The world's two best-preserved wooden Viking ships built in the 9th century are exhibited here. The **Kon-Tiki Museum** houses a range of boats and artefacts from Thor Heyerdahl's expeditions. Here you can see the original Kon-Tiki raft (1947), the papyrus boat Ra II (1970), and an exciting collection of archaeological finds. *How to get there: Bus no 30 from National Theatre to Bygdøynes.*

Akershus Fortress

This medieval castle offers a beautiful view of Oslo harbour and the Oslo fjord.

Guided tours of the fortress are available. Afterwards, take a stroll along Aker Brygge and visit some of the nice restaurants/café's. *How to get there: Tram/bus to Aker Brygge or National Theatre.*

The Norwegian Opera/Ballet

Oslo's new Opera House opened on 12 April 2008 and is now the home of the Norwegian Opera and Ballet. The spectacular building has a fabulous location by the seaside and was designed by renowned Norwegian architecture firm Snøhetta. *How to get there: Tram/bus to Jernbanetorget*

The “Oslo Pass” gives you free entry to 35 museums and attractions, free travel on all public transport within zone four, free winter walks, discounts on sightseeing, ice skate - and ski rental, and special offers in restaurants, shops, entertainment and leisure venues. You decide whether you want a card that is valid for 24, 48 or 72 hours. Prices and more information are available on the Visit Oslo website:

<http://www.visitoslo.com/en/>.