



ICAN **ACT ON IT** FORUM

OSLO TRAVEL GUIDE

9-10 MARCH 2023



WELCOME TO OSLO

WELCOME

Oslo is the capital of Norway, with approximately 700 000 inhabitants. Oslo is a hidden gem, surrounded by beautiful nature. The official language is Norwegian, but most Norwegians speak English well. Oslo's climate is quite cold and wet, with average temperatures for March ranging from -5 degrees Celsius to 10 degrees Celsius.

You can reach Oslo by airplane, train or bus. The main train station and bus terminal are both located within walking distance to the venue for the ICAN Act On It Forum, Sentralen.

VISA REQUIREMENTS

Participants may need a visa in order to enter the Schengen area. The details of the process depend on citizenship. Participants from the EU, a state in the European Economic Area, and Switzerland do not need a visa.

If you are not from the EU, a state in the European Economic Area, Switzerland or one of the other exceptions ([see the list here](#), be aware that you might still need a [ETIAS](#)), you need a visa to enter Norway. The visa process may take a while. We recommend that you start this process as soon as possible. Please contact the Norwegian embassy or consulate in your country and ask what is necessary in your specific case.

More information on the visa requirements and process can be found [here](#).



OSLO AIRPORT GARDERMOEN

Website: [Oslo Airport](#)

Location: [Google maps](#)

ABOUT GARDERMOEN AIRPORT

Oslo Airport Gardermoen is the airport closest to Oslo. Only 20 minutes by train or 40 minutes by taxi. The airport is easy to navigate, providing signs leading you to baggage claim from your arrival gate. Once you've got everything you need, walk out the doors and continue through the arrivals-hall to the right, and you'll find the trains. The taxi rank is located through any exit, on the same floor.

HOW TO GET FROM THE AIRPORT TO THE CITY CENTER:



TRAIN

→ VY: RE11 Skien, R12 Kongsberg, RE10 Drammen to Oslo Central Station. Approximate cost one ride NOK 114,-

→ Airport Express Train (Flytoget): Approximate cost one ride NOK 210,-

The Airport Express Train (Flytoget) leaves the airport every ten minutes. Flytoget is the cheapest option for students (appr. NOK 105,-), but the local trains are much cheaper for regular tickets. Make sure you have your student ID with you if you book student tickets, you may be asked to show it. There is an assistance desk available if you should require any help. Oslo Central Station (Oslo S) is the closest to the conference, and all the main hubs for public transportation are located here.



BUS

The fastest way to get from the airport to the city center of Oslo is by train. If you prefer the bus, see the different possibilities [here](#).



TAXI

The Taxi booking machine is located outside the terminal building at ground level in the same area as taxi pick up.

You will be able to book taxis, as well as find an overview of prices. Make sure to ask for a price estimate ahead of time, as some companies charge more than others. We recommend using Oslo Taxi. Uber is not regularly used in Norway, as rates are in the same range as taxis, but is fully functional in Oslo, should you prefer to use it.



OSLO CENTRAL STATION

Website: [Oslo Central Station](#)

Location: [Google maps](#)

The easiest (and most environmentally friendly!) way to reach Oslo is by train! Oslo Central Station is located in the city center. All the subway and tram lines stop at Oslo Central Station. From Oslo Central Station there is a ten minute walk to the venue of the forum, Sentralen.

In the main hall of Oslo Central Station you find the passages to all the train tracks, as well as a board showing all trains arriving and departing. Staff at the information desk in the station can also help you plan your journey.



OSLO BUS TERMINAL

Website: [Oslo Bus Terminal](#)

Location: [Google maps](#)

Oslo Bus Terminal is located in the city center, a five minute walk from Oslo Central Station, or a fifteen to twenty minute walk to Sentralen.

PUBLIC TRANSPORTATION IN OSLO

In Oslo the public transportation system is made up of subways (T-bane), buses, trams and ferries. You must purchase a ticket before boarding any public transportation. Tickets are valid for all types of public transportation. The price for your journey is calculated based on the [number of zones](#) you travel through (The city center is located within zone 1). You can either buy your ticket using the app RuterBillett ([iPhone](#) and [Android](#)) or acquire a paper ticket from ticket machines at any subway (T-bane) or train station. Make sure to activate these by scanning them, either on scanners next to the ticket machines, or on the bus or tram itself.

If you enter any public transportation without a ticket, you can be fined. Make sure you have your student ID with you if you book student tickets, you may be asked to show it.

[Ticket options](#) include a one way trip for NOK 40,- (zone 1), a 24h ticket for NOK 121,- (zone 1), and a 7 days ticket for NOK 335,- (zone 1).

Public Transportation in Oslo is regarded as safe, and stations and trains get cleaned regularly. Most of the services end shortly after midnight except for some nightline buses. Timetables are available in the Ruter app, where you can easily plan your route. Notice that there is one app for timetables, one app for tickets.



[OSLO CITY BIKE](#)

Website: [Oslo Bysykkel](#)

Oslo City Bike provides rental bikes in over 230 bike stations throughout the city. To use them you need to register to rent a bike for the price of NOK 35,- for one trip (until 60 minutes), NOK 69,- for 24 hours, or NOK 79,- for seven days.

SENTRALEN

Address: Sentralen, Øvre Slottsgate 3, 0157 Oslo

Website: [Sentralen](#)

Location: [Google maps](#)

Sentralen is located at an event center in the Kvadraturen section of downtown Oslo. The venue consists of two buildings that originally housed the head office of Christiania Sparebank.

Sentralen can be reached through several different subways (T-bane), tram, and bus lines.

HOW TO GET TO SENTRALEN:

- You can easily reach Sentralen by foot from Oslo Central Station or Nationaltheatret
- Tram 11 or 12 to Øvre Slottsgate
- All subway (T-bane) lines to Stortinget
- Bus 30, 32 or 81 to Wessels plass

STAYING IN OSLO

NORDIC CHOICE COMFORT HOTEL BØRSPARKEN

Address:

Tollbugaten 4, 0152 Oslo

Phone number:

+47 22471717

Website: [Hotel Børsparke](#)

The Comfort Hotel Børsparke is a modern hotel in central Oslo, situated just 3 minutes from Oslo Central Station. The hotel gym now fills the entire lower ground floor. Be aware that this is a cash-free hotel.

To book with a reduced rate, participants at the ICAN Act On It Forum, can use the code "ICAN23" when booking online and get 15 % off on the online prices.

This is a good choice if you plan to join the sauna session Friday morning.

HOW TO GET TO SENTRALEN:

→ 7 minutes walk to Sentralen

SCANDIC GRENSEN

Address:

Grensen 20, 0159 Oslo

Phone number:

+47 23155200

Website: [Scandic Grensen](#)

Scandic Grensen is a boutique hotel right in the center of Oslo, located only minutes from the main shopping street Karl Johans gate.

To book with a reduced rate, participants at the ICAN Act On It Forum, can use [this link](#) when booking online and get 15 % off on the online prices.

HOW TO GET TO SENTRALEN:

→ 6 minutes walk to Sentralen

OSLO CITYBOX

Address:

Prinsens gate 6, 0152 Oslo

Phone number:

+47 21420480

Website: [Citybox](#)

Oslo Citybox is a simple and budget friendly hotel located 4 minutes walk from Oslo Central Station.

This is a good choice if you plan to join the sauna session Friday morning.

To book with a reduced rate, participants at the ICAN Act On It Forum, can use the code "ICAN23" when booking online and get 15 % off on the online prices.

HOW TO GET TO SENTRALEN:

→ 6 minutes walk to Sentralen

ANKER HOSTEL

Address:

Storgata 53H, 0182 Oslo

Phone number:

+47 22997200

Website: [Anker hostel](#)

Anker Hostel is a budget friendly hostel located close to the Akerselva, the river that divides the city.

HOW TO GET TO SENTRALEN:

- 17 minutes walk to Sentralen
- Tram 11 or 12 from Nybrua (outside the hostel) in direction of Majorstuen to Øvre Slottsgate, 1 minute walk to Sentralen

CURRENCY AND PAYMENT

Norway uses the currency Norwegian Kroner (NOK). There are some currency exchange locations around the city. There are also currency exchange locations in the airport.

Most Norwegians don't use cash anymore, and some smaller shops, bars and cafés will only accept the use of credit cards/debit cards. Some grocery stores or supermarkets do not accept foreign credit cards, although they happily take debit cards. Visa and MasterCard are the most commonly accepted credit cards, with far fewer accepting Amex or Diners.

There are plenty of ATMs for cash around the city and you can also withdraw cash in most of the bigger supermarkets.

WEATHER AND WATER

March can be quite cold in Oslo, with negative degrees during the night. Make sure to check the weather report!

Tap water is safe to drink in Norway, and recommended, as bottled water is quite expensive. Most cafés will refill a water bottle for free.

POWER PLUGS AND SOCKETS

In Norway the power plug sockets are of type F. The standard voltage is 230 V and the frequency is 50 Hz.

LANGUAGE

Norway's official language is Norwegian. Most Norwegians can understand and speak English well. Here are some helpful phrases:

- Hello: Hei!
- Goodbye: Ha det bra!
- Excuse me: Unnskyld
- Do you speak English?: Snakker du engelsk?
- Thank you: Tusen takk
- Please: Vær så snill
- The bill: Regningen

PHONE AND EMERGENCY NUMBERS

PHONE:

The international code to call Norway is "+47".

EMERGENCY NUMBERS:

Fire Department: 110

Police: 112

Ambulance: 113

Emergency number for hearing impaired: 1412

Taxi: +47 02323

ICAN **ACT ON IT** FORUM

We look forward
to seeing you in
Oslo

