

Local information for Oslo

0) **Currency exchange**: Norwegian currency unit is NOK (and not Euro). Currently, the exchange rates are approximately: 1 USD = 8.36 NOK, 1 EUR = 9.53 NOK, 1 AUD = 5.93 NOK.

There are currency exchange agencies at the airport and around Oslo. There is also one on the ground floor at Oslo sentralstasjon.

1) **Transportation**:

Between the airport and the centre of Oslo: From the airport to central Oslo, the fastest and easiest way to go is to go by trains. There are local trains (you can ask the staffs at Oslo airport for help, or look on the screen and see if the train you are going to take will go through Oslo sentralstasjon (usually written as Oslo S on the screens) or Nationaltheatret stations), which cost about 90 NOK one way. There are also airport trains (look if they are named Flytoget), which cost about 190 NOK one way. Both local trains and airport trains take approximately the same time (~ 25 minutes) to go between central Oslo and the airport, but the airport trains go more often (roughly one train every 10 minutes). Also, the airport trains have priority over the local trains when needed.

From either Oslo sentralstasjon or Nationaltheatret stations, you can change to local buses/trams/subways/ferries for your final destination in Oslo. You can check accurate and current schedules at

[https://ruter.no/en/journey-planner/Mellom/Fra/\(2350350\)Oslo%20lufthavn%20%5btog%5d%20\(Ullensaker\)/til/\(3010010\)Oslo%20Sentralstasjon%20%5btog%5d%20\(Oslo\)/etter/#st:0,sp:0,bp:0](https://ruter.no/en/journey-planner/Mellom/Fra/(2350350)Oslo%20lufthavn%20%5btog%5d%20(Ullensaker)/til/(3010010)Oslo%20Sentralstasjon%20%5btog%5d%20(Oslo)/etter/#st:0,sp:0,bp:0)

Note that in the weekends there maybe planned work at the public transportation tracks, so it is wise to check this in the above link. (GoogleMaps may not have this information.)

The above **prices are for adults**. There are discounts for children, students and older people (over 67). See more here on the prices:

<https://ruter.no/en/buying-tickets/tickets-and-fares/>

How to **buy transportation tickets**? You can either buy at kiosks (Narvesen, 7-Eleven, Deli de Luca, Mix) or Train service points (NSB, at the airport, or at Oslo sentralstasjon), buy at ticket machines at the stations (note that some of the ticket machines may accept only cash). If you have a smart phone, you can also buy tickets online, after installing an app.

More information:

<https://ruter.no/en/buying-tickets/sales-outlets/>

The **Greater Oslo region** (which spans about 40 km each direction from central Oslo, including the airport and the fjord) is divided into several different zones, for the purpose of public transportation fees. See the map:

<https://ruter.no/en/buying-tickets/zones/>

The price you need to pay (when you travel within the Greater Oslo region) depends on the zones of your departure and arrival places. There are 3 classes of prices: whether the two places are in the same zone (1 zone), whether they are in 2 adjacent zones (2 zones), or otherwise (3 zones = all zones) . For example, here:

<https://ruter.no/en/buying-tickets/tickets-and-fares/7-day-tickets/>

Important remark: If you buy an **all zone** (= 3 zones) ticket, then you can also go between Oslo airport and other places in the Greater Oslo without extra fees (but in that case, you can only take the local trains, and not Flytoget). So you can take this into consideration and plan in advance before coming to Oslo.

2) **Sight seeings:** Norway has many fjords, forests and mountains. Popular activities (depending on the season) are: taking ferries on the fjord, fishing (you can fish without fees at many places), skiing (in particular cross country, free of charge), iceskating (free of charge, it seems that in each local community there will be a communal iceskating ground), taking a rest in a hut in the forest, kayaking, running, football playing, hand football playing and so on. There are also many museums, and spectacular views (including Oslo Opera House) at the seaport near Oslo sentralstasjon.

Swimming is also a popular activity, in particular from summer to mid autumn.

Watching Northern lights is also a popular activity. For a good view, you should head to north of Norway (specifically Tromsø or more north) and visit from about mid September to mid November. If it is snowing, it may be difficult to see the Northern lights. In Oslo in the summer you can experience white nights, where the sky is bright most of the 24 hours of each day.

3) **Dining:** If you are going to eat out, then please remember that restaurants in Oslo are among the most expensive in the world. Expect to pay around 250 - 300 NOK for a big enough meal, and a glass of beer/wine will cost you extra 90-100 NOK. Fast foods (like burgers, and so on), are more reasonable priced, around 100 NOK.

However, if you go to supermarkets and buy foods to cook at home, then the prices are more reasonable and comparable to other places such as Tokyo.

If you want to buy alcohol in Norway, there are some choices: For those of about upto 6 degree, you can buy in supermarkets. However, for those over that limit, you need to buy at Vinmonopoly. There is one Vinmonopoly at Oslo sentralstasjon. Note that Vinmonopoly usually closes earlier than supermarkets, so remember to check their schedules before you walk there. As restaurants, alcohols are quite expensive in Norway.

Vinmonopoly and most supermarkets close on Sundays.

4) **Visa information:** People with passport/visa in the Schengen region can visit Norway without extra requirement, within the permission of their passport/visa.

5) **Telephone roaming/Internet**: Currently, people who have cellphone packages from most countries in the Euro can use the same service with the same price when roaming in Norway, but you should check this specifically with your phone package.

There are free internet at the airport (before you exit the gates!) and Oslo sentralstasjon and on some trains.

6) **Water**: You can drink tap water in Norway (even from a toilet!). Remember to choose the cold water from the tap for safety.

7) **Language**: The official language in Norway is of course Norwegian, but Norwegians speak English very well.