

# Practical information on travelling around Oslo

## Travelling from Oslo Airport Gardermoen (OSL)

Oslo Airport Gardermoen is roughly 50 km north of Oslo, and the **Airport Express Train** (*Flytoget*) is the fastest way of getting to the city centre. The train leaves every 10 minutes from Oslo Airport Gardermoen to Oslo Central Station (*Oslo S*), and every 20 minutes to the station *Nationaltheatret* (train continuing to *Drammen*). The ride takes 22 and 25 minutes, respectively, and the cost is NOK 252 (approximately 21 EUR).

Tickets are available at ticket counters and vending machines at the airport, but the most convenient option is **E-ticket**. E-tickets are purchased by credit card at card readers in the Arrival hall (before the stairway to the platform). Electronic receipts (for reimbursement) may be printed afterwards by registering here: <https://minside.flytoget.no/en#/> Note that you should register your profile/card beforehand.

For timetables and additional information on E-tickets etc., please see the Airport Express Train's website: [www.flytoget.no](http://www.flytoget.no)

It is also possible to travel from the airport to Oslo by bus. The **Airport Express Bus** *Flybussen* (FB5A/FB5B route) takes approximately one hour from the airport to *Prof. Aschehougs plass*, a stop the closest to the Norwegian Parliament Tinghuset and to the *Nationaltheatret* station. The bus leaves every 30 min from the platform 12 by the entrance to the airport, price NOK 259. The tickets may be purchased online: <https://www.flybussen.no/en> or on the bus.

## From OSL to Oslo centre

### By train

Take the Airport Express Train direction *Oslo S* to get to Oslo Central Station, or direction *Drammen* to get to Oslo Central Station or *Nationaltheatret*.

### By bus

Take the Airport Express bus (Flybuss) route FB5A/FB5B (departure every 30 mins) and get off at *Oslo bussterminal* or another stop, depending on the placement of your accommodation.

## Travelling around Oslo

**When travelling to Integreat office and around Oslo, please note that you cannot purchase tickets on trams and metro carriages.** You must buy a ticket beforehand: we recommend using [\*\*Ruter app\*\*](#) that will allow you to purchase tickets on your phone at any moment. On this app you can add your bank card and use it right away purchasing tickets for yourself and your family on one device.

You can also purchase tickets in the ticket counters at the train stations, or kiosks Narvesen, 7-Eleven, Deli De Luca and Mix. More on buying tickets here: <https://ruter.no/en/buying-tickets/sales-outlets/>

**The center of Oslo and the entire metro system is situated in Zone 1.** The cost of a single ticket is NOK 44 (approximately 3.75 EUR); the ticket is valid for 1 hour from validation. The cost of a 24-hour ticket is NOK 132 (approximately 11.25 EUR). For the duration of PrefStat we recommend purchasing **a 7-day ticket** that costs 366 NOK (31.75 EUR).



# T-bane Metro

## Frognerseteren

1

Frognerseteren  
Voksenkollen  
Lillevann  
Skogen  
Voksenlia  
Holmenkollen  
Besserud  
Midtstuen  
Skådalen  
Vettakollen  
Gulleråsen:  
Stopp i pilretningen  
Stop in direction  
of arrow

## Sognsvann

5

Sognsvann  
Kringsjø  
Holstein  
Østhorn  
Tåsen  
Berg

## Ringen

5

Nydalen Storo Sinsen Løren  
Ullevål stadion  
Forskningsparken  
Blindern  
Majorstuen  
Nationaltheatret  
Stortinget  
Jernbanetorget  
Grønland  
Tøyen

## Vestli

4

5

Vestli  
Stovner  
Rommen  
Romsås

## Ellingsrudåsen

2

Ellingsrudåsen  
Furuset  
Lindeberg  
Trosterud  
Haugerud  
Tveita

## Østerås



2

Østerås  
Kolsås  
Hauger  
Gjøttum  
Avløs  
Haslum

## Kolsås

3

Montebello  
Ullernåsen  
Åsjordet  
Bjørnsletta  
Jar  
Ringstabekk  
Bekkestua  
Gjøannes

 Oslo S  
 Oslo bussterminal  
**Sentrum**  
City centre

Linje 1: Begrenset driftstid  
Line 1: Restricted service

## Bergkrystallen

1

4

## Mortensrud

3

Godlia  
Skøyenåsen  
Oppsal  
Ulsrud  
Bøler  
Bogerud  
Skullerud  
Mortensrud

## University of Oslo, Blindern campus Niels Henrik Abels hus

Moltke Moes vei 35

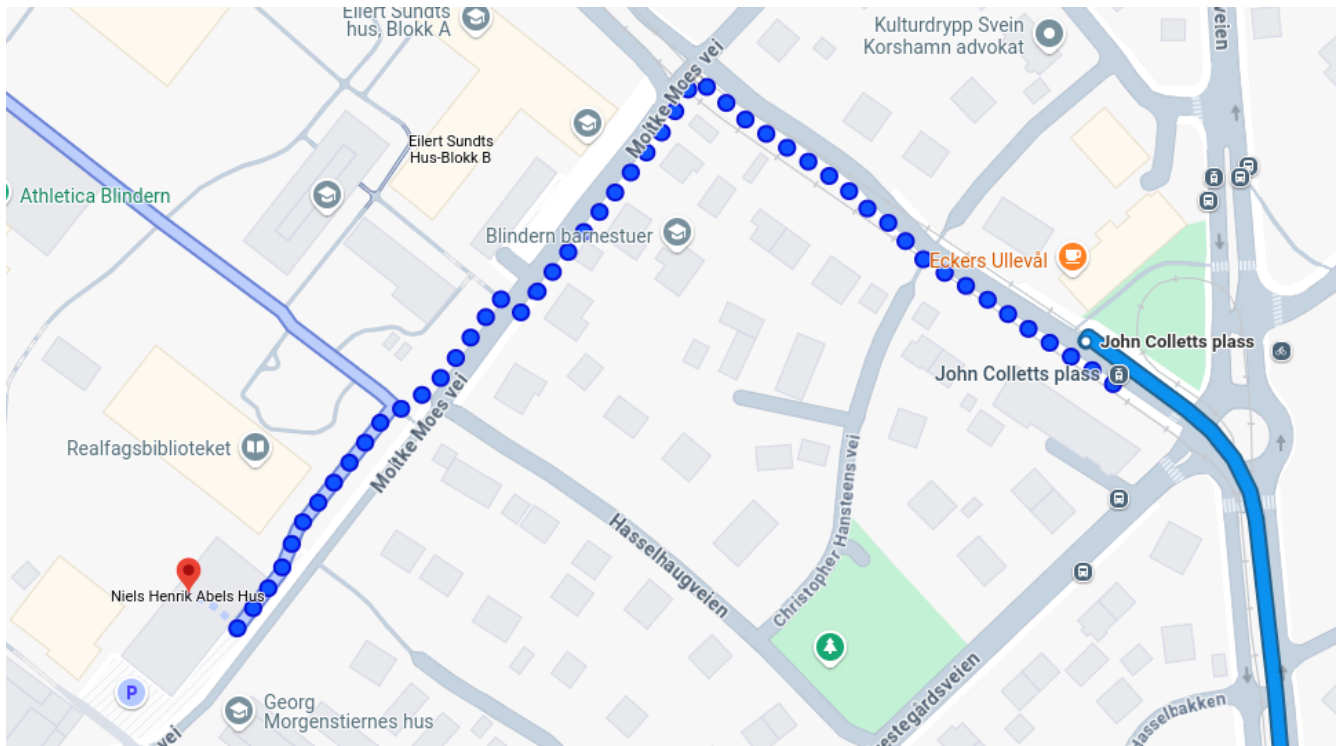
Tel: +47 22 85 88 98

<https://www.uio.no/english/about/getting-around/areas/blindern/bl14/>



### By tram

Take either tram 17 or 18 to *John Colletts plass*. Tram ride takes about 10 minutes, it then takes about 5 minutes to walk to Niels Henrik Abels hus (see map).



### By metro

Take the westbound metro lines 5 *Sognsvann*, 5 *Ringen* or 4 *Vestli* via *Majorstuen* to *Blindern* station (Metro map). It then takes about 8 minutes to walk to Niels Henrik Abels hus.

### Wi-fi

[You may connect to the main wireless network at UiO, Eduroam.](#)

# Cochs Pensjonat

Address: Parkveien 25 0350 Oslo

Tel: +47 23 33 24 00

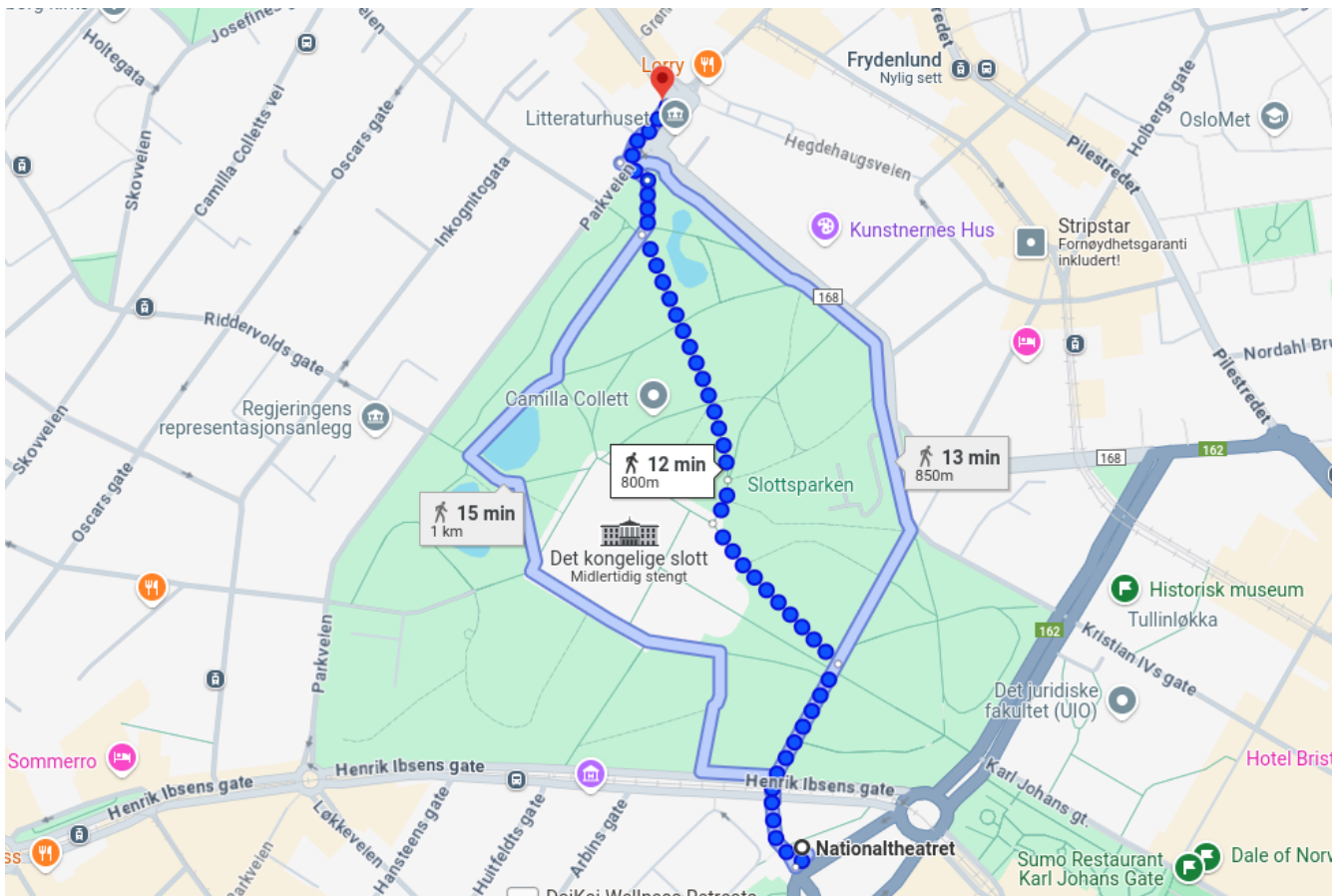
<https://www.cochspensjonat.no/>

Those who have booked their accommodation at Cochs Pensjonat, can reach it from Oslo Airport by train or bus.

## From OSL to Cochs Pensjonat

### By train

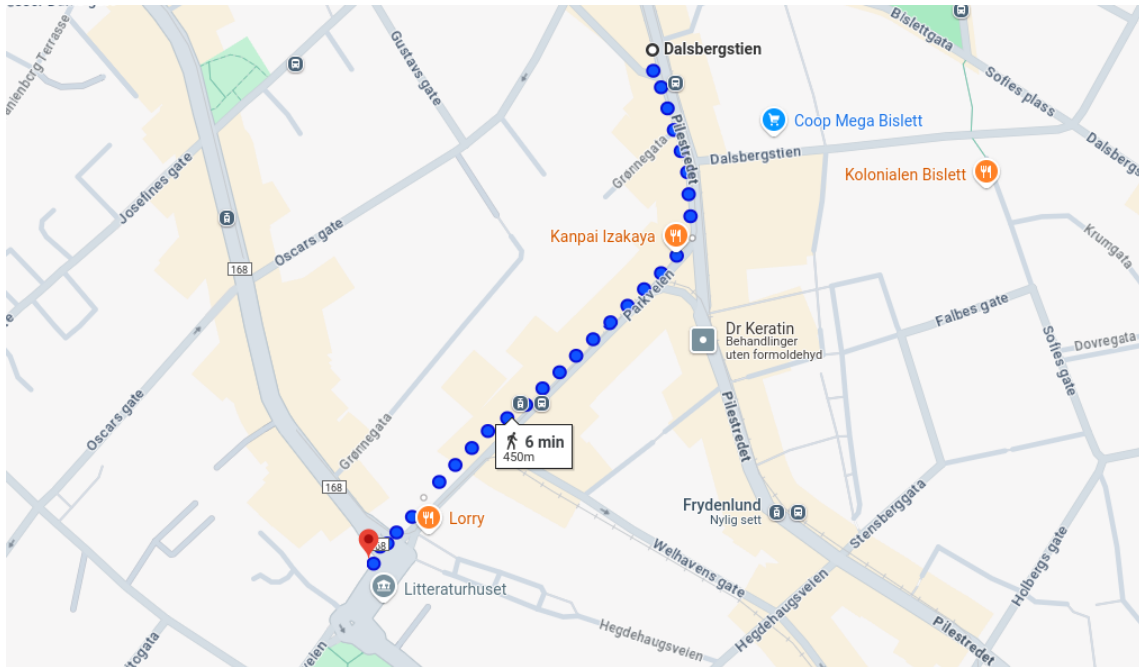
Take the Airport Express Train direction *Oslo S* direction Drammen to get to Oslo Central Station or *Nationaltheatret*. It will then take you about 12 minutes on foot to get to the accommodation (see map). Your route lies through the park of *Det kongelige slott*, Royal Palace of Norway, one of Oslo's landmarks.





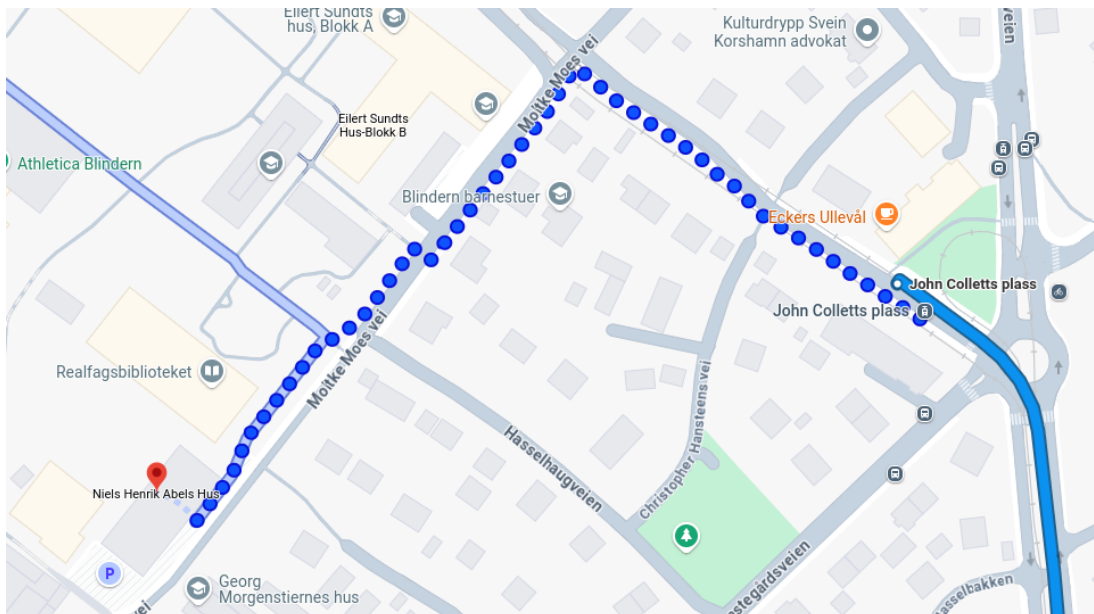
### By bus

Take the Airport Express bus (*Flybuss*) route FB5A/FB5B (departure every 30 mins) and get off at *Dalsbergstien*. It will take you about 6 minutes on foot to reach your accommodation (see map).



## From Cochs Pensjonat to Niels Henrik Abels hus

The easiest way to get to NHA hus is to take either tram 17 or 18 from *Welhavens gate* tram stop to *John Colletts plass*. To get to *Welhavens gate* stop, turn to the left when leaving the hotel and go up *Parkveien* street for 2 minutes. Tram ride takes about 7 minutes, it then takes about 5 minutes to walk to Niels Henrik Abels hus (see map).



## Points of contact

Olesia Fesenko, [olesiaf@student.sv.uio.no](mailto:olesiaf@student.sv.uio.no), mobile: +4796680527

Valeria Vitelli, [valeria.vitelli@medisin.uio.no](mailto:valeria.vitelli@medisin.uio.no), mobile: +4722851011

## Sightseeing in Oslo

Oslo is a beautiful city and we definitely recommend you explore it in your spare time! Here you will find rich history mixed with modern charm and natural beauty of the green hills and the blue waters of the Oslofjord. The city offers a unique combination of cultural landmarks and outdoor adventures with its numerous parks, modern museums, and historical streets.

### Tourist attractions

- [Vigelandsparken](#), famous sculpture park with a total of 212 sculptures in its exhibit
- [Royal Palace](#) and Palace Park
- [Akershus Fortress](#), a medieval fortress with a military installation
- [Oslo Cathedral](#), an impressive 17th-century church
- [Holmenkollen](#), the ski jump tower that hosts international ski competitions
- [Aker Brygge](#), a lively and modern pier with a number of galleries and canals, perfect for a sunset stroll.

### Museums

- [National Museum](#), a vast collection of historical artifacts, classic and modern art
- [Munch Museum](#), dedicated to Norway's most famous painter, Edward Munch
- [Ski Museum](#), deep look into the history of skiing, located next to Holmenkollen
- [Kon-Tiki Museum](#), an 8000-book library and an adventurers' museum, replete with the vessels and maps from the Kon-Tiki expedition
- [Astrup Fearnley](#) museum, home to an international and contemporary art exhibition