

Information Package  
Prepared for the Participants of  
ITU Regional Innovation Forum

**OSLO  
MET**

21st-23rd of November 2018  
Oslo, Norway



Welcome to Oslo!



# Welcome to OsloMet!

Oslo Metropolitan University (OsloMet) is Norway's third largest, and newest university, with ca. 20 000 students and 2000 employees.

## *New knowledge, new practice*

The University in its current form came into being in 2011 when Oslo University College and Akershus University College merged.

OsloMet offers a unique range of professional programmes that qualify students for professions that will contribute to future welfare and value creation.

OsloMet will create value for individuals and contribute to knowledge development in society as a whole. We will contribute to future welfare and value creation by educating practitioners with high levels of professional ability and high-impact skill sets, and facilitate lifelong learning by providing continuing and further education. We will develop relevant knowledge by researching problems within and between the professions and by developing new products and services. This will provide OsloMet with good opportunity to influence welfare policy and to serve as an important contributor to policy making by decision-making bodies.



# Important Contacts In Oslo:

## Emergency Numbers:

110 Fire

112 Police

113 Ambulance

## Oslo Metropolitan University:

Phone Number: +47 67 23 50 00

Organizer: George Anthony Giannoumis, [gagian@oslomet.no](mailto:gagian@oslomet.no), +47 919 19 726

Venues:

- Stensberggata 26, 0170 Oslo (for event)
- Pilestredet 46, 0170 Oslo (for reception)

For questions regarding your stay or the venue, please contact us at:

[TheDigitalInnovationDivide2018@gmail.com](mailto:TheDigitalInnovationDivide2018@gmail.com)

## Visa

There are no visa requirements for citizens of EU and EEA.

VISA requirements can be expressed to your nearest embassy.

## Arrival

Oslo Gardermoen Airport is located 25 minutes outside of Oslo. It's connected with all major European cities and airports. Getting into Oslo from the airport is best done via the Airport Express Train ("Flytoget"), which runs every 10 minutes directly to Oslo Central Station (Oslo S) and Nationaltheatret. Once you are at one of the stations, you'll have access to all forms of public transport, as well as taxis.

Nationaltheatret is a 5-7 minute walk from the listed hotels, and is the closest station to the venue, the Parliament, the Castle, and the main street Karl Johan.

# Accommodation

**Recommended hotels are all less than 5 minutes walking distance to the venue.**

- Radisson Blu Scandinavian Hotel\*\*\*\*

Address: Holbergs gate 30, 0166 Oslo

Phone number: +47 23 29 30 00,

[https://www.radissonblu.com/en/scandinaviahotel-oslo?facilitatorId=CSOSEO&csref=org\\_gmb\\_sk\\_en\\_sn\\_ho\\_OSLZA](https://www.radissonblu.com/en/scandinaviahotel-oslo?facilitatorId=CSOSEO&csref=org_gmb_sk_en_sn_ho_OSLZA)

- Thon Hotel Europa\*\*\*\*

Address: St. Olavs Gate 31, 0166 Oslo

Phone number: +47 [23 25 63 00](tel:+4723256300)

[https://www.thonhotels.com/our-hotels/norway/oslo/thon-hotel-europa/?utm\\_source=google&utm\\_medium=infoboks&utm\\_campaign=GMB](https://www.thonhotels.com/our-hotels/norway/oslo/thon-hotel-europa/?utm_source=google&utm_medium=infoboks&utm_campaign=GMB)

- Scandic Holberg\*\*\*\*

Address: Holbergs Plass 1, 0166 Oslo

Phone number: +47 [23 15 72 00](tel:+4723157200)

[https://www.scandichotels.com/hotels/norway/oslo/scandic-holberg?\\_ga=2.92135384.319220540.1531673452-1309084917.1531673452](https://www.scandichotels.com/hotels/norway/oslo/scandic-holberg?_ga=2.92135384.319220540.1531673452-1309084917.1531673452)

## Weather

The temperature in November may vary between -10 degree to 10 degree. From mid-November, the average temperature is around 3 to -3 degree in the daytime, but may feel a few degree colder if there is wind. The temperature will drop 3-5 degree in the evening. Some precipitation should be expected.

There is a small chance of snow, but the city centre will be cleared by maintenance crews.

Real time weather forecast is available at:

<https://www.accuweather.com/en/no/oslo/254946/weather-forecast/254946>

## Etiquette

Business casual even to big conferences. Ties are rarely used, not even for receptions. Norwegians are punctual and appreciate punctuality from visitors.

## Currency

Norway uses Norwegian Krone (NOK). It is a practically cash free country, but if you still want to exchange money, you can easily do so at the airport. You need an ID card or passport with signature, photo and name to exchange money.

Please note that all shops, restaurants, taxis etc. prefer payment by debit or credit card, in particular VISA or Mastercard. Cash is rarely used, and it might be difficult to use large bank notes.

## Utilities

Power plugs and sockets: Norway uses type F. Type C and E also works. 230 V, 50 Hz.

Water: Tap water is safe for drinking. Bars and restaurants often serve tap water.

Internet: WiFi is available for free at most hotels, and additionally at many bars, cafes,

restaurants and public buildings.

## Public Transportation

You can get around the city by bus, trams and metros. You need a valid ticket from “Ruter” to travel, or else you can be fined a larger sum. Tickets can be bought at kiosks such as “Narvesen”, “7-Eleven” or “Deli De Luca”, ticket machines placed around the city (mainly at the metro stations) or Ruter Information Centers (outside Oslo Central Station).

Prices vary depending on age, distance and duration.

Ruter: <https://ruter.no/en/>

You can use Google Maps or the app “Ruter Reise” to get instructions on how to get to specific places.

Taxis are available all around the city. Prices vary depending on company, distance, time etc.