

SUSTAINABLE CITYGUIDE

BY FIVH OSLO STUDENT ASSOCIATION



Framtiden i
våre hender
Oslo
studentlag

INTRODUCTION

Hello!

We are Future in Our Hands Oslo student association. Future in Our Hands work to achieve ethical, responsible and environmentally friendly consumption. The student association work towards the same goals. We arrange swap markets, lectures and workshops. We also do informational work, protests and loads of other fun activities. This semester we have been working on making a guide for more sustainable living in Oslo.

When we started making this guide our goal was to make it easier for anyone in Oslo, tourist or local, to adapt a more sustainable lifestyle (including ourselves). We hope we have managed to reach our goal!

What is sustainability?

To take proper care of our plane, we have to live in a way that we don't use a disproportionate amount of our resources. Sustainability is using without wiping out or destroying our resources. How do we do that? By reusing, repairing and restricting our consumption. By making sure those who produce our food and clothes are paid living wages, and have a good working environment, and last but not least making sure that the production does not harm our planet.

To live a sustainable life we must make sure that all parts and every step of the production are treated well.

In this guide we have collected several places in the city that helps us get products that are ethical, second hand, zero waste, locally produced, ecological and free from environmental toxins. We have gathered places where you can repair/swap your things, and borrow things you don't need to buy. The best thing for our planet is after all to consume less and reuse more.

The cityguide contains places in the categories of:

- **restaurants and cafés**
- **groceries**
- **clothing**
- **hair- and skincare**
- **repairs and borrows**
- **for students**
- **other/online stores**
- **markets**

We also made a few extra pages to give you some tips for a more sustainable life.

Thank you so much for choosing to have a look at our sustainable city guide! We hope that you discover some new and exciting places, which makes obtaining a more sustainable lifestyle a little easier and more fun.

Best regards

Future in Our Hands Oslo Student association

We are aware of that we have missed out on various sustainable places in this version of the guide, and for that we apologize. We will update the guide on a regular basis, and we would appreciate if you, the users of the guide, let us know which other places should be included.

CHECK OUT FREMTIDEN.NO FOR MORE TIPS FOR A SUSTAINABLE LIFESTYLE

Reach out to us at oslostudent@framtiden.no if you have suggestions for updates on the guide.

Do you want to join the student association? We are always looking for new members, and we are hoping it might be you! Look up **Framtiden i våre hender Oslo studentlag on facebook to contact us.**



The group who have been working on the city guide.



RESTAURANTS AND CAFÉS

OSLO HAS SUSTAINABLE FOOD FOR EVERY OCCASION AND PREFERENCE!

WE HAVE TO CHANGE OUR FOOD HABITS IN ORDER TO LIVE SUSTAINABLY. MEAT ACCOUNTS FOR BIG AMOUNTS OF CO₂ EMISSIONS. TRANSPORTING OUR FOOD ACROSS HALF THE GLOBE IS NOT SUSTAINABLE. WE SHOULD ALSO MAKE SURE THAT THE PEOPLE PRODUCING OUR FOOD CAN AFFORD TO EAT ON THE SALARIES THEY EARN.

AS CONSUMERS WE CAN IMPROVE OUR FOOD HABITS IN SEVERAL WAYS - IN ORDER TO LIVE MORE SUSTAINABLY — AMONG OTHER THINGS WE CAN CHOOSE RESTAURANTS AND CAFÉS WITH CARE.

HERE ARE SOME DINING PLACES FOR THE ENVIRONMENTALLY AWARE PERSON.

FUNKY FRESH Foods

Funky Fresh Foods is a food concept with a plant-based menu that strives to be ecological in production. Here you can find a fine selection of dishes on the menu which changes on a regular basis! You get everything from raw cakes to lunch and dinner. They serve coffee, beer and wine, and have a rich selection of smoothies, juices and milkshakes. They also make most of their dishes gluten free.

In addition to food, they have their own cookbook, arrange courses and festivals, and sell their products at places like Smoothie Exchange and Deli De Luca. You find this beautiful place with delicious food at DogA in Oslo.



Address:
Hausmannsgate 16, Oslo

Facebook: FunkyFreshFoods
Instagram: funkyfreshfoods

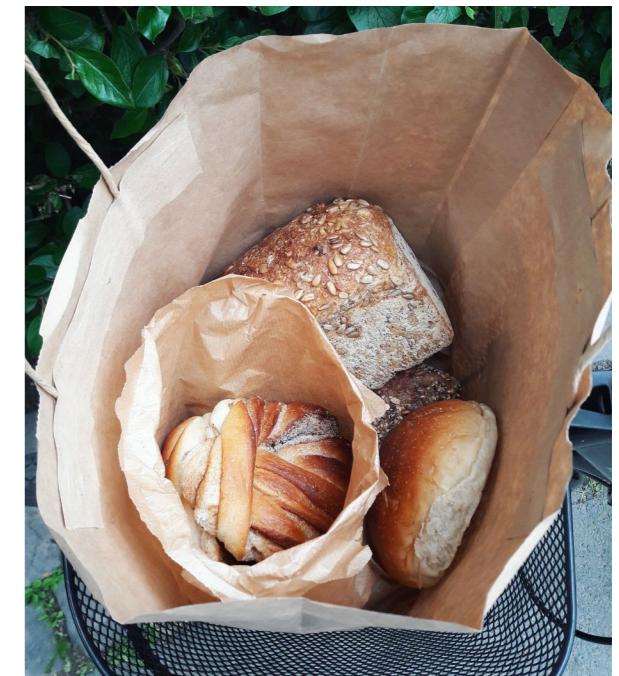


Too Good To Go

Fancy a tasty environmentally friendly meal for an affordable price? Too Good To Go is an app that allows you to save surplus food from restaurants and cafés in the city. You can get everything from breakfast, lunch, and dinner, to baked goods and flowers.

All you have to do is download the app, buy a bag of surplus food and pick it up at the specified time.

Website: togoodtogo.no
Instagram: [toogoodtogo.no](https://www.instagram.com/toogoodtogo.no)



JOIN THE
FIGHT
AGAINST
FOOD
WASTE!

PINK FISH

Pink Fish is a brand new restaurant concept in Oslo. As the name suggests, Pink Fish has its main focus on salmon, but not just any salmon: local salmon from the Oslo fjord! They have a broad selection of dishes, including poke bowls, burgers and wraps. In addition to only serving regionally produced food, Pink Fish has a lot of other environmentally friendly solutions that you can read all about on pinkfish.no. The restaurant only uses degradable packaging and cutlery (some of which can be eaten!). In addition to initiating to reduce food waste, they only receive salmon from suppliers which do not use antibiotics, palm oil, nor methods of GMO.

PINK
FISHTM
FRESH • NORWEGIAN • SALMON

Go there for a good experience, with good conscious regarding both nature and health.

Address:
Nedre Slottsgate 8
Grensen 17
Steen og Strøm

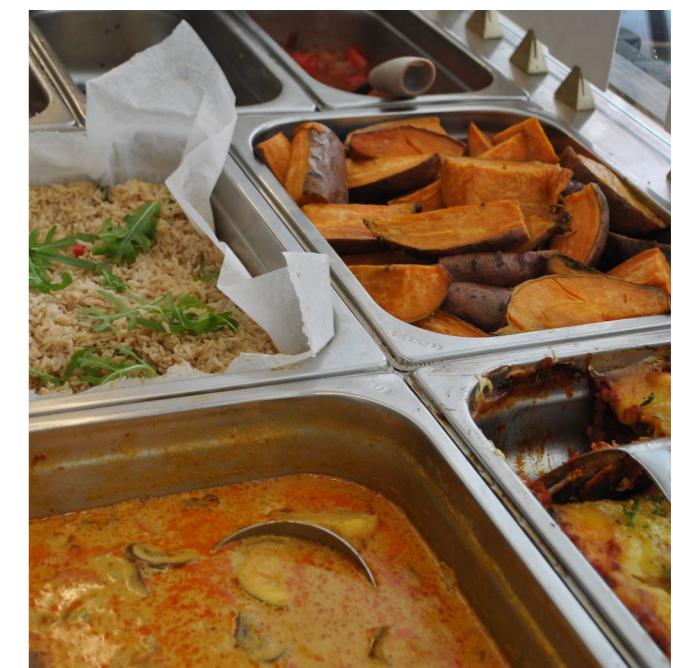


NORDVEGAN

Vegan café and restaurant in the city centre! Here you can put together your own salad, eat curry, raw cakes and the specialty of the day. In addition to this that serve coffee, tea, organic, homemade kombucha and a rich selection of other cold drinks. The place is inspired by Asian cuisine, and provides good vibes, nice staff and a lot of fresh flavours!

A small tip: Bring your own Take-Away box and get a 10% discount!

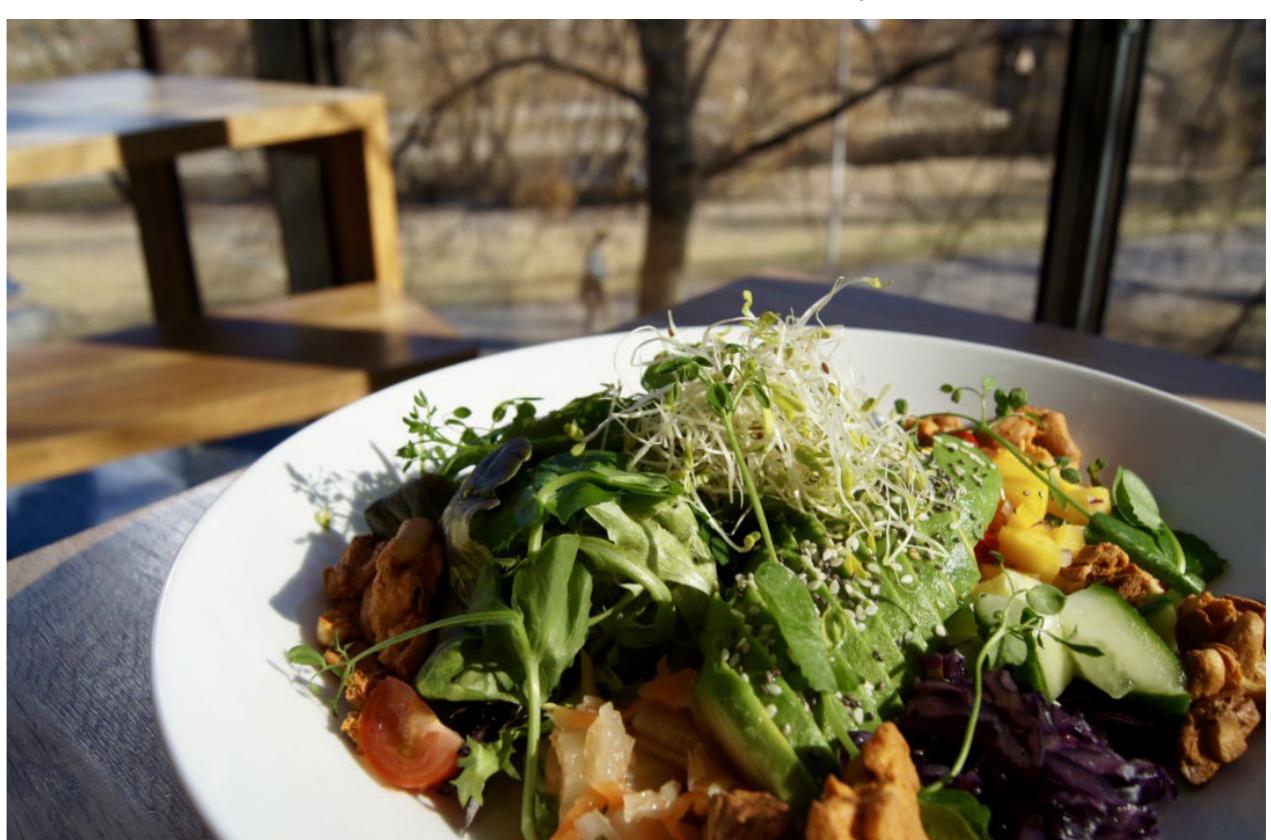
Address:
Kristian IVs gate 15B



GODT BRØD

Godt Brød (meaning “tasty bread”) has multiple shops around the city, and focus on organic and regional food. You can order in advance or arrive in the shop and choose from a rich selection of breads and baked goods. They for example have sourdough bread from spelt, muesli-bread and almond buns. You can also buy a baguette, bread roll or piece of focaccia, choosing your own spreads in the shop. One of their many spreads is Brie produced in Norway!

Address:
Godt Brød Theresesgate: Thereses gate 33
Godt Brød Grünerløkka: Thorvald Meyers gate 49



MORE RESTAURANTS AND CAFÉS

CITY CENTER

THE FRAGRANCE OF THE HEART: FRIDTJOF NANSENS PLESS 2

NORDIC FOODPRINT: PRINSENS GATE 10

THE JUICERY EGER: KARL JOHANS GATE 23B

MAJORSTUEN

HAPPY FOODS CAFE: NEUBERGGATA 2A

FROGNER

KRISHNAS CUISINE: SØRKEDALSVEIEN 10

OSLO RAW: SKOVVEIEN 16

THE JUICERY FROGNER: NIELS JUELS GATE 29

GAMLE OSLO

KUMI: SCHWEIGAARDS GATE 56A

GRÜNERLØKKA

FUNKY FRESH FOODS: DOGA HAUSMANNSGATE 16

GODT BRØD: THORVALD MEYERSGATE 49

ST. HANSHAUGEN

OSLO RAW: ULLEVÅLSVEIEN 82

MELACAFÉ: MARIBOES GATE 8

NORDVEGAN: KRISTIAN IVs GATE 15B

LOVING HUT: BJERREGAARDSGATE 6

VEGAN LOVING HUT: FREDENSBORGVEIEN 29

PINK FISH: GRENSEN 17

GODT BRØD: THERESESGATE 33, THERESES-GATE 52

REST: KIRKEGATA 1-3

THE JUICERY BISLETT: THERESES GATE 52A

NORDRE AKER

GODT BRØD: NYDALSVIEIEN 28, NYDALSVIEIEN 33

ONLINE

GODT BRØD: GODTBROD.NO

REMEMBER THAT YOU CAN BUY DISHES FROM ALL OVER TOWN THROUGH TOO GOOD TO GO!



GROCERY STORES

THE FOOD WE EAT AND WHAT WE PURCHASE IN EVERYDAY LIFE MAKES A BIG DIFFERENCE ON OUR PERSONAL CONSUMPTION. ON THE NEXT PAGES YOU CAN FIND SOME STORES IN OSLO WHICH HAVE GONE THE EXTRA MILE TO REDUCE FOOD WASTE AND THE USE OF WRAPPING, AND ALSO SEVERAL PLACES WHO FOCUS ON ORGANIC AND LOCALLY PRODUCED PRODUCTS. HERE YOU CAN FIND FOR EXAMPLE NUTS, BOTTLE FREE SHAMPOO AND SOURDOUGH BREAD!

RØTTER

Røtter is a store which has a big selection of everything you need to make your life-style more sustainable. They sell organic fruit, vegetables, food and cosmetics which are produced both locally and globally. Røtter continually updates their inventory, as a result they keep getting more products which can help you reduce your waste.. At Røtter you can find something for every taste in delicate premises!

Address:
Ullevålsveien 39
Colbjørnsens gate 12

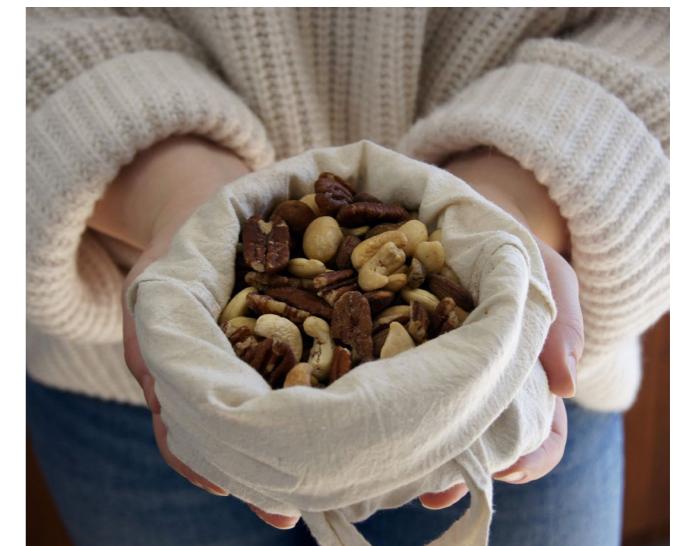


NØTTEBLANDEREN

Do you miss almond- and pistachio butter in the normal groceries? Do you want to try both white and red quinoa, buckwheat, or just want a few dates? Nøtteblanderen (meaning “the nut mixer”) has a big selection of nuts, dried fruits, seeds and others. Nuts and dried fruits are sold as pick and mix and a lot of the products are organic. In addition, they have a selection of tea and coffee.

Nøtteblanderen is placed just a few minutes walk from Grønland metro.

Address:
Brugata 19



MØLLEREN SYLVIA

In the middle of Oslo city centre you can find an independent grocery store which sells organic and locally produced food, this is Møllerens Sylvia. They sell farm eggs, seasonal vegetables, sourdough bread and several other products as pick and mix. Bring your own cloth bag or container for a wrap free, sustainable and cozy trade!

Address:
Hegdehaugsveien 12



Nøtteblanderen



Møllerens Sylvia

LIST OF GROCERY STORES

FROGNER

Frogner Helsekost: Frognerveien 6

Møllerens Sylvia: Hegdehaugsveien 12

Røtter: Colbjørnsens gate 12

GRÜNERLØKKA

Nøtteblanderen: Brugata 19

Ur Kraft + Kolonial: Helgesens Gate 16

GAMLE OSLO

Plantemat: Sørligata 46A

SAGENE

Den Gode Jord: Sarpsborggata 12A

Ekte Vare: Danevigsveien 18C

ST. HANSHAUGEN

Røtter: Ullevålsveien 39

En kort t-banetur fra sentrum

Landhandleriet: Øvre Smestadvei 1

Lille Tøyen Kolonial: Damplassen 2

ONLINE

Plantemat: plantemat.com

Økohjertet: okohjertet.no



Blanketcoat made from vintage blanket, Maja Stabel. Foto: JF Curated

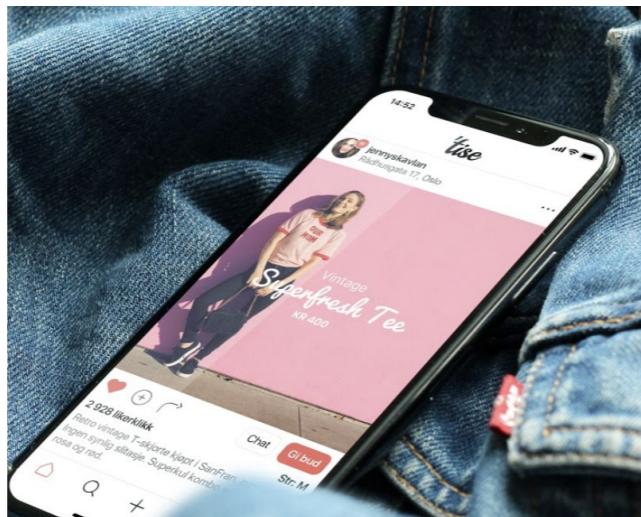
CLOTHING

THE TEXTILE INDUSTRY IS ONE OF THE MOST HARMFUL INDUSTRIES TO OUR PLANET. NEVERTHELESS THERE ARE MANY THINGS WE CAN DO TO REDUCE THE ENORMOUS IMPACT THAT TRENDS HAVE ON THE ENVIRONMENT. HERE WE HAVE COLLECTED, SOME ALTERNATIVES FOR EVERYONE WHO WANTS MORE SUSTAINABLE CLOTHING AND FASHION.

TISE

This countrywide app gives its users the possibility to safely buy and sell second hand pieces of clothing, shoes, furniture and other sustainable products. The app's target group is wide, but most users are of a younger crowd. It is therefore a good way to make sure young people take a conscious approach to the clothing industry. In addition to being environmentally friendly, the app often allows you to buy products cheaper than at the stores. Tise works towards making environmentally friendly choices inspiring, and it also offers services such as shop-stop, membership and a climate-positive mobile subscription.

'tise[®]



JUST FASHION

Just Fashion is a website, and also a store in the centre of Oslo called JF Curated. Here you can find clothing and accessories made in an environmentally friendly, sustainable and ethical way. Just Fashion works with brands that do things a little different, you can find everything from "made to order" to vegan and sustainable leather imitation. They also focus on providing good working conditions for their employees.

On their website you can find a list of all the brands Just Fashion are cooperating with. The list also provides information about what the brands are good at, what they are working on and what they try to improve. This makes Just Fashion a transparent place to do your shopping.



Showpiece from Tonje Plur and Black Rat. Foto: JF Curated

This is the perfect place for everyone who wants both pretty designer-pieces and a clean conscience.

Nettside: justfashion.no
Adresse: Prinsensgate 10C



Showpiece in light blue linen from Julie Grimen, foto: Susanne Pettersen

VELOURIA VINTAGE

If you are a frequent vintage-shopper in Oslo, you've probably already heard of Velouria Vintage. The store is located in the centre of Grünerløkka, and is known for its great variety in fashionable vintage clothing. This is the perfect store for everybody interested in fashion and being friendly to the environment.

Adresse:
Thorvald Meyers gate 34



Foto: Johanna Siring



Foto: Sara Johannessen



Foto: Johanna Siring

FAIR AND SQUARE

Fair and Square is a brand that keeps their main focus on their employees! This is a Norwegian brand which makes fair clothing. They keep their own factory in China with 11 employees and the working conditions are similar to those in Norway: 37,5 hour long working week, weekends off and 6 months maternity leave. So far the factory only do the sewing, but the goal is to own every step in the production of their clothes. At Fair and Square you can find basic pieces of clothing made of bamboo viscose and organic cotton.

You can buy selected pieces from Fair and Square at every Fretex store.

Webseite: Fairandsquare.no



FRETEx

Most people already know Fretex: second hand stores owned by the salvation army. But did you know that Fretex have 7 stores in Oslo? Visit Fretex at Prinsens Gate for vintage clothing and the Fretex store located at Ole Deviksvei at Alnabru for furniture and other things.

Selected addresses:

Olaf Ryes Plass 3
Ullevålsveien 12
Ole Deviksvei 20



FRETEx

DAYS LIKE THIS

Days like this is a Norwegian brand who focus on sustainable production. Their greatest strength is their transparency. They have open factory lists, and keep their buyers informed about their terms of production and the work they do to improve every step of the production.

The brand has several stores in Oslo. In which you can find can find beautiful woman's clothes for every occasion.

Adresse:
Nedre Slottsgate 12
Gunerius
Storo Storsenter
Stovner Senter
Tveita Senter



LIST OF CLOTHING STORES

CITY CENTER

Days Like This: Nedre Slottsgate 12,
Gunerius Storgata 32

Fjällräven: Karl Johans Gate 19

Fretex: Universitetsgata 20

Galleri Normisjon: Holbergs gate 30

Livid: Prinsens gate 3B

Just fashion: Prinsensgate 10C

UFF: Jernbanetorget 2, Storgata 1

FROGNER

Fjong: Drammensveien 72

Fretex: Kirkeveien 62

MA Vintage: Briskebyveien 28

Nudie Jeans Repair Shop: Grønnegata 1

GAMLE OSLO

Fretex: Smalgangen 8

M&E Secondhand: Gladengveien 12

GRÜNERLØKKA

Ekko: Seilduksgata 6

Fretex: Olaf Ryes Plass 3

Frøken Dianas Salonger: Markveien 56

Hasla Brand Store: Markveien 54

Retro Lykke: Markveien 35

Robot: Korsgata 22

Ny York: Markveien 58

Jeans by Ny York: Rathkes gate 7b

Velouria Vintage: Thorvald Meyersgate 34

Vintage Jeans by Ny York: Markveien 58

Good Vibes Vintage: Markveien 2

SAGENE

Days Like This: Storo Storsenter

Nøstebarn: Bentsebrugata 29

St. Hanshaugen

Fretex: Ullevålsveien 12

A SHORT METRO RIDE FROM THE CITY CENTER

Days Like This: Lilleakerveien 16, Stovner Senter, Tveita Senter

ESP: Kabelgata 13

Fretex: Ole Deviksvei 20

NETTBUTIKK

Brynze: brynze.no

Days Like This: dayslikethis.no

Fair & Square: fairandsquare.no

Fjällräven: fjellrevenshop.no

Fretex: nettbutikk.fetex.no

Frøken Dianas Salonger: frokendianassalonger.no

Hasla: haslajewelry.com

Just Fashion: justfashion.no

Livid: lividjeans.no

Tise: last ned app appen "tise" og sjekk ut nettsiden tise.com

Velouria Vintage: velouriavintage.no



HAIR- AND SKINCARE

HAIR - AND SKINCARE PRODUCTS CAN BE A SOURCE FOR POLLUTANTS, MICRO PLASTICS AND A LOT OF PACKAGING. IN THIS GUIDE WE HAVE LISTED A FEW PLACES WHERE YOU CAN GO TO FIND PRODUCTS WITH FEW, SUSTAINABLE AND ETHICAL INGREDIENTS WITHOUT UNNECESSARY AMOUNTS OF WRAPPING. HAVE YOU EVER TESTED A SHAMPOO- OR A CONDITIONER BAR? HAVE YOU TRIED A BAR OF SHAVING FOAM THAT IS DELIVERED IN A CARDBOARD BOX INSTEAD OF A METAL CONTAINER? YOU CAN BUY ALL OF THIS IN THE FOLLOWING STORES.

PS: HAVE YOU EVER TRIED TO MAKE ANY HAIR- AND SKINCARE PRODUCTS YOURSELF? SEVERAL OF THE PLACES IN THE CITY GUIDE SELLS INGREDIENTS, AND THERE ARE RECIPES ONLINE

LUSH

Lush is a relatively known cosmetics chain which focuses on skin- and haircare. Lush is very engaged in the environment, as well as in ethics. For example, all their products are made vegan. However, some of what is most exciting about Lush is that they have a strong focus on reducing all unnecessary wrapping. This is a great place to go if you want to reduce your plastic waste.

Address:
Bogstadveien 3
with others.



Picture from Pip: <https://www.flickr.com/photos/pip/492906679>



Picture from: Corinne Moncelli, <https://www.flickr.com/photos/hotels-paris-rive-gauche/2563493851/in/photostream/>



Picture from Corinne Moncelli: <https://www.flickr.com/photos/hotels-paris-rive-gauche/2564318200/in/photostream/>

GRUTEN

Why throw away coffee grounds when it can be made into a fantastic soap? Gruten uses the nutritious coffee grounds from Oslo's cafés to make soap, body scrubs and other products. They even grow oyster mushrooms in coffee grounds!

Gruten does not have their own store, but they sell their products in several stores in the city (check out their website for shops). They also sell products at their web shop, gruten.no.



LIST OF PLACES FOR HAIR- AND SKINCARE

CITY CENTER

LUSH: KARL JOHANS GATE 20

FLOKE (FRISØR): KIRKEGATA 20

THE BODY SHOP: STRANDEN 3 (AKER BRYGGE), BYPORTEN, KARL JOHANS GATE 18, OSLO CITY

KICKS: GLASMAGASINET, GUNERIUS, OSLO CITY, PALÉET, STEEN & STRØM

FROGNER

LUSH: BOGSTADVEIEN 3-5

THE BODY SHOP: BOGSTADVEIEN 31, PILESTREDET 65

KICKS: BOGSTADVEIEN 48

GRÜNERLØKKA

BALANZERA (FRISØR): SOFIENBERGGATA 2B

THE BODY SHOP: MARKVEIEN 38

SAGENE

THE BODY SHOP: STORO STORSENTER

KICKS: STORO STORSENTER

ST. HANSHAUGEN

RØTTER: ULLEVÅLSEVEIEN 39

A SHORT METRO RIDE FROM THE CITY CENTER

THE BODY SHOP: TVEITA SENTER, LILLEAKERVEIEN 16

KICKS: BRYN SENTER, ERICH MORGENSØNSVEI 38 LINDERUD, STOVNER SENTER, TVETENVEIEN 150 TVEITA.

ONLINE

LUSH: LUSHNORGE.NO/BUTIKK

BE:ECO: BEECOSHOP.NO

GRUTEN: GRUTEN.NO

KICKS: KICKS.NO

THE BODY SHOP: THEBODYSHOP.NO

RÅ NORSK HUPLEIE: WEBSHOP.RASKINCARE.NO



Bilde fra OsloVelo

REPAIRS AND BORROWS

DO YOU HAVE A JACKET WITH A HOLE IN IT OR A RUSTY BICYCLE CHAIN? ONE DOES NOT HAVE TO THROW AWAY EVERYTHING THAT IS BROKEN OR WORN OUT. MOST THINGS CAN BE REPAIRED OR FIXED, AND ON THE FOLLOWING PAGES YOU WILL FIND PLACES THAT PROVIDE REPAIR OF SHOES AND CLOTHING, LENDING OF TOOLS FOR RENOVATIONS AT HOME OR AND BICYCLE SERVICE — ONE OF THE PLACES EVEN HAS A CAFÉ! IF YOU HAVE A BAG WITH A TORN SHOULDER STRAP — GO AND GET IT FIXED!

DEICHMANSKE

Deichman is Oslos municipal library. In some of the libraries its not only books you can lend. For example, Deichman Torshov allows you to borrow different tools. This is a great offer for everyone who only needs tools a couple times a year. Why buy when you can borrow for free? This library also has a library of seeds! Borrow seeds and bring some back when you manage to grow your own plant.

Address:
Deichmanske Torshov - Sandakervien 59



Located at the centre of Grünerløkka you find OsloVelo, a place that offers reparations of your bike and a cozy bar and cafe. Velo contributes to making a sustainable lifestyle both social and fun, and they will help you fix every type of bike. They also run a bike rental. On their website you can buy bike parts for DIY fixing. In this way OsloVelo contributes to even more sustainable transport and the production of fewer bikes. The cafe at OsloVelo is known for homemade baked goods.

Address:
Seildukgata 23A

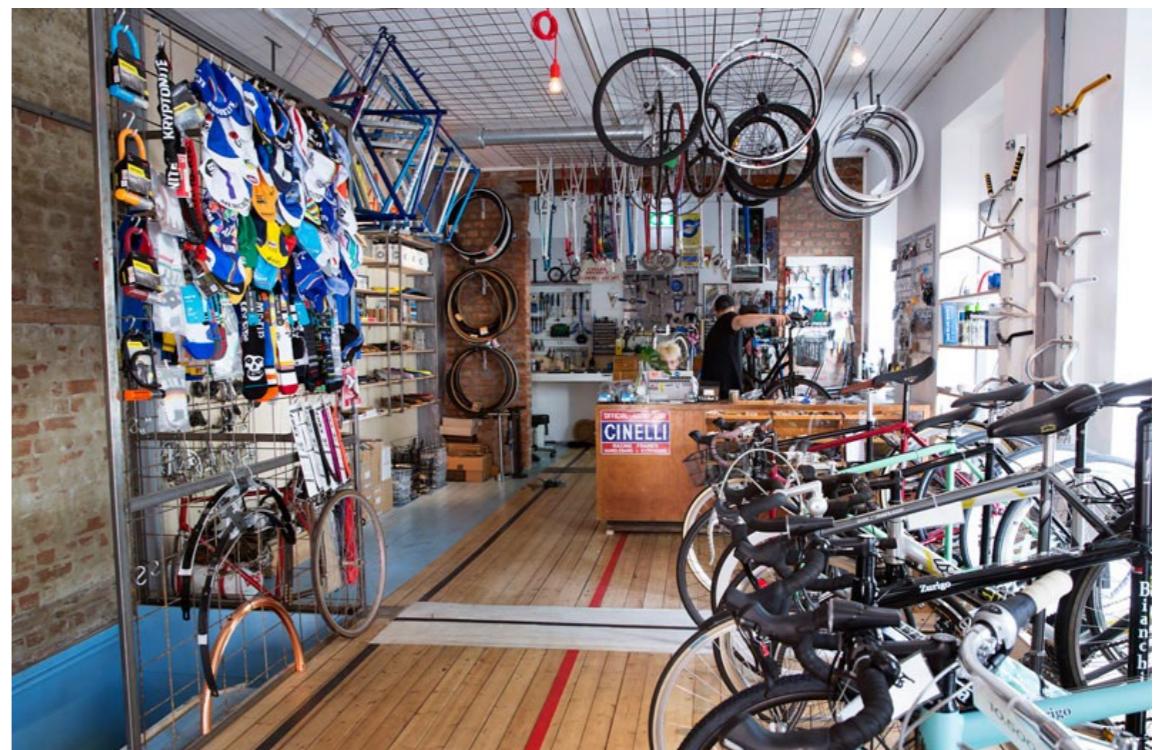


OSLOVELO

CLAS OHLSON TOOL LENDING

Do you have plans for a DIY project at home? Are you a student, have small storage space, or just in general no need to own the tools you use? If so, Clas Ohlson tool lending is perfect for you. Just visit any Clas Ohlson store, pay a deposit, and bring your borrowed tools home! This way you don't have to store expensive tools only used once, and you get to see your DIY-project finished!

This offer is available at every Clas Ohlson store.



Oslo Velo

LIST OF OTHER REPAIR AND LENDING PLACES

CITY CENTER

CLAES OHLSON VERKTØYUTLÅN: OSLO CITY

LIVID JEANS: PRINSENS GATE 3B FOR REPARASJON
AV JEANS

FROGNER

CLAES OHLSON VERKTØYUTLÅN: BOGSTADVEIEN
26

EVEREST SKO: ARBOS GATE 2

FJONG: DRAMMENSVEIEN 72

NUDIE JEANS REPAIR SHOP: GRØNNNEGATA
1 (SJEKK OGSÅ NUDIEJEANS.COM FOR ANDRE
UTSALGS- OG REPARASJONSSTEDER)

GRÜNERLØKKA

OSLOVELO: SEILDUKSGATA 23A

PELOTON: TORGGATA 35

SAGENE

CLAES OHLSON VERKTØYUTLÅN: STORO STORS-
ENTER

DEICHMAN TORSHOV VERKTØYUTLÅN: SANDAK-
ERVEIEN 59

DEICHMAN TORSHOV FRØBIBLIOTEK: SANDAK-
ERVEIEN 59

ST. HANSHAUGEN

CHRISTIANIA SYKKELVERKSTED: FREDENSBORG-
VEIEN 30

CLAES OHLSON VERKTØYUTLÅN: TORGGATA 6

FOLKEVERKSTEDET DEICHMANN: ARNE GAR-
BORG'S PLESS 4

SOFIARENS: WALDEMAR THRANES GATE 72,
WALDEMAR THRANES GATE 25

ROULEUR OSLO: ULLEVÅLSVEIEN 18

A SHORT METRO RIDE FROM THE CITY CENTER

CLAES OHLSON VERKTØYUTLÅN: BRYN SENTER,
LAMBERTSETER SENTER, ALNA SENTER, STOVNER
SENTER, CC VEST

DEICHMAN HOLMLIA VERKSTEDUTLÅN: HOLMLIA
SENTER VEI 16

DEICHMAN TØYEN VERKSTEDUTLÅN: HAGEGATA
28

SOFIARENS: GLADENGVEIEN 4

ONLINE

NORRØNA: VISIT NORRØNA.COM TO GET YOUR
NORRØNA PRODUCTS REPAIRED (KEEP IN MIND
THAT THEIR PRODUCTS CONTAINS ENVIRONMEN-
TAL TOXINS)

BERGANS: BESØK BERGANS.COM TO GET YOUR
BERGANS PRODUCTS REPAIRED (KEEP IN MIND
THAT THEIR PRODUCTS CONTAINS ENVIRONMEN-
TAL TOXINS)

VISIT REPAIRABLE.NO TO GET BOTH SHOES AND
TEXTILES FIXED. YOU ORDER A REPARATION ON
THE WEBSITE, AND DELIVER YOUR PRODUCTS TO
ONE OF THEIR MANY DELIVERY LOCATIONS IN
TOWN. IT DOESN'T GET EASIER TO GET A WORN
DOWN PAIR OF SHOES FIXED!



FOR STUDENTS

As a student with a tight budget, it can be hard to make environmentally friendly choices. But it doesn't have to be! On the following pages you will find some of the options that can make it easier for you to make environmentally friendly decisions as a student. In addition, many of them will save you some money!

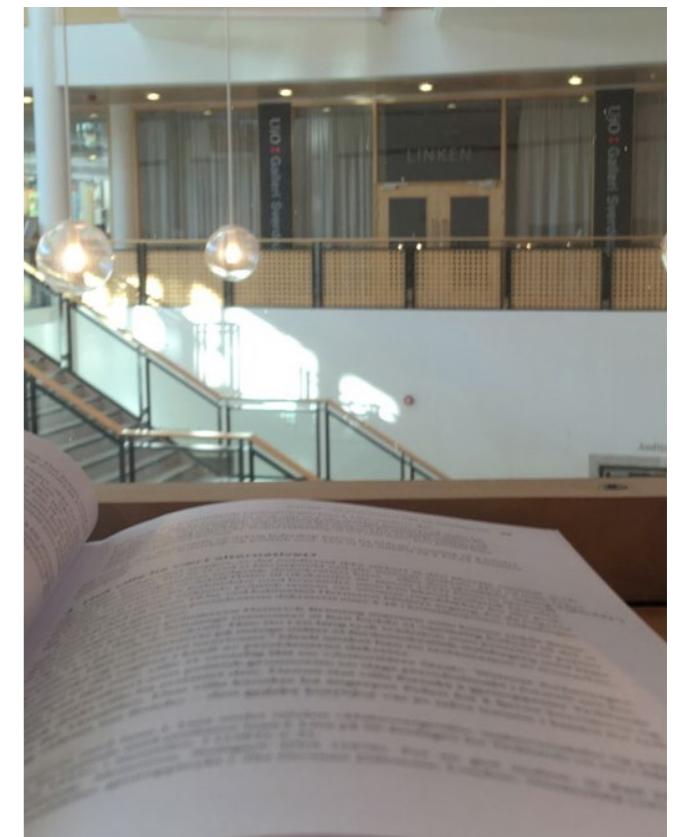
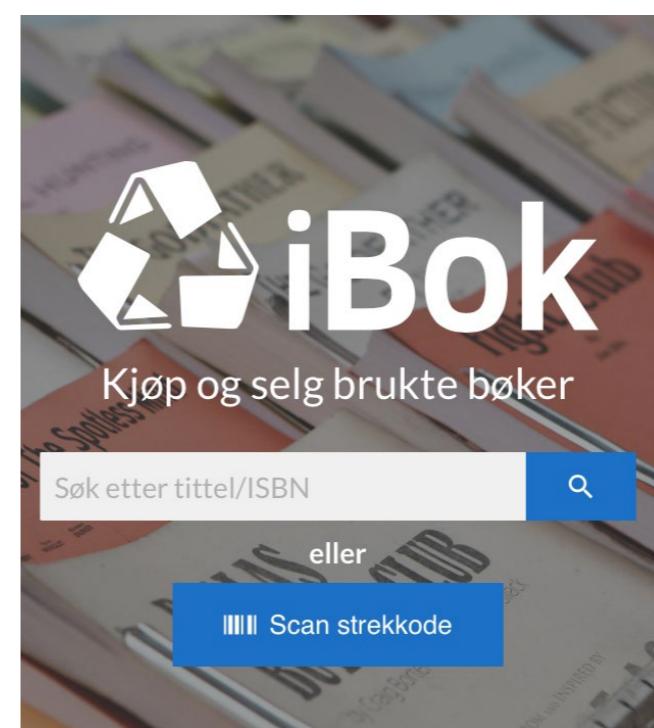
KUTT

At Kutt, which is situated in the Fredrikke building at the Universitetsplassen, you can get delicious surplus food at a cheap price. This is a great option for students who wish to buy a warm meal for lunch without getting ruined.

Kutt uses food that is getting close to the expiration date and the dishes are in this way linked to the food delivered by SiO's suppliers, and therefore it can be exciting to see what is on the menu from day to day. With their focus on sustainability Kutt contributes to spread and integrate positive attitudes regarding the environment among students!

KU
T

To get a hold of used and affordable textbooks can hardly get any easier. Ibok.no is a website that allows students to buy and sell books they no longer need. Ibok.no is used by many students, and has in this way a good selection of university curriculum. The website is built up in a simple and ordered way, which let you choose from books according to what kind of price and condition you want.



LIST OF PLACES WHICH FOCUS ON STUDENTS AND SUSTAINABILITY

Ebla bokhandel: Georg Morgenstiernes
hus, Blindern

Kutt: frederikkebygningen, Blindern

SiO skicutleie: Athletica Kringsjå, Athletica
Domus

ibok: ibok.no

Bike Kitchen Blindern: Moltke Moes vei
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OTHERS

IN THIS SECTION YOU CAN FIND OTHER PLACES WHICH MAKES A SUSTAINABLE LIFESTYLE EASIER. WE HAVE COLLECTED A HANDFUL OF PLACES WHICH DID NOT FIT INTO ANY OTHER CATEGORY. WE HAVE ALSO INCLUDED BUSINESSES WHICH ONLY OFFER ONLINE SHOPPING..

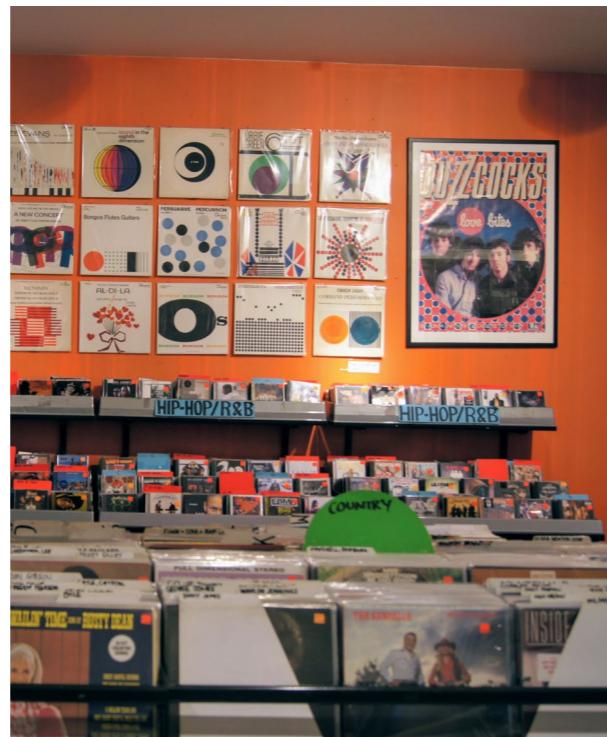
IF YOU CAN'T ALWAYS FIND EXACTLY WHAT YOU NEED IN LOCAL STORES, THEN WEB SHOPS COULD BE A GOOD ALTERNATIVE FOR SUSTAINABLE SHOPPING. A LOT OF NICE WEB SHOPS EXIST WHICH COULD BE HELPFUL WHEN YOU WISH TO OBTAIN A MORE CLIMATE NEUTRAL LIFESTYLE..

RÅKK OG RÅLLS

There is probably not a lot of people who still buys music and movies in physical formate, but if you are one of those, Råkk & Rålls is pure heaven. There you can find meters on meters of used and therefore cheap LPs, CDs, and DVDs who needs a new owner. Råkk & Rålls also buys your used CDs and LPs if your student or normal budget doesn't suffice.

Address:

Stortingsgata 8



SAGENE TAKHAGE

Are you interested in urban food growing? Do you want to take a break from city life, enjoy the view and see how rooftops in Oslo and other cities can be made more pleasant and greener, in addition to be used for food production? You can attend events, join cultivation in an organic way or just visit the rooftop garden!

Address:
Kristiansands gate 2

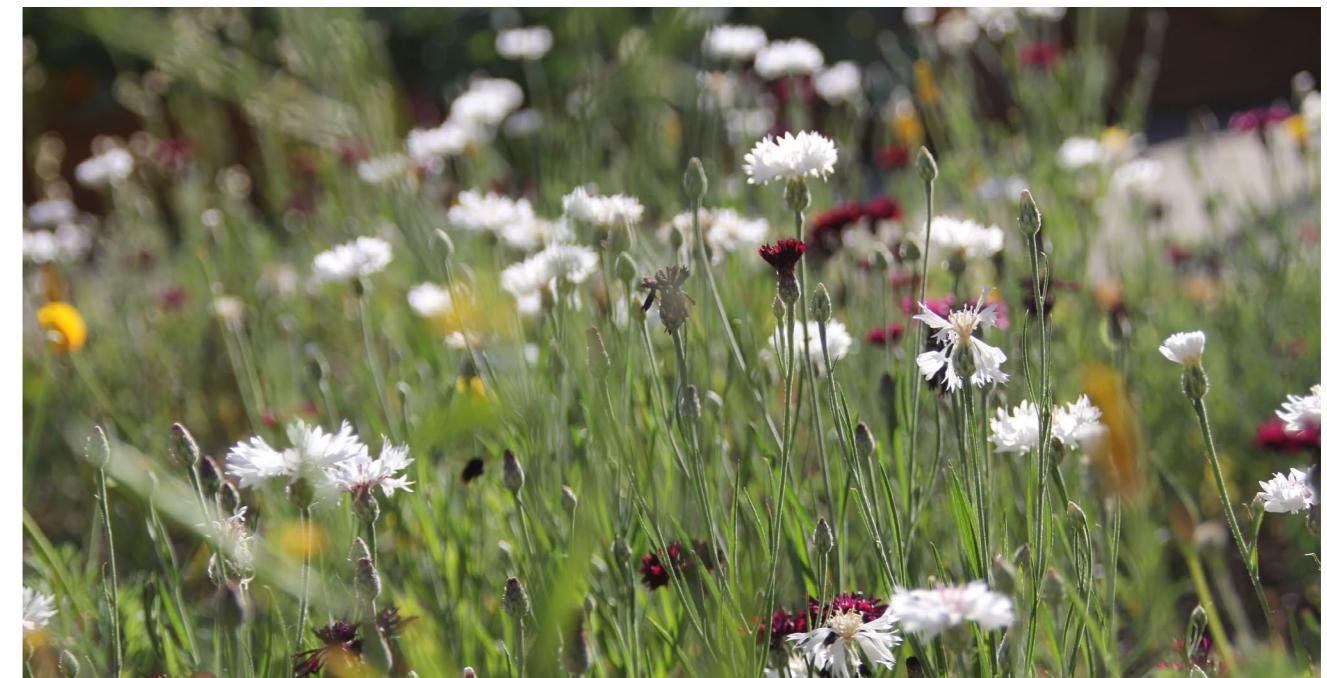


BE:ECO

The web shop has most of what you need for a sustainable lifestyle. Their focus are on reusable products for your home - so that you can easily reduce your waste. If you need stuff for your kitchen, bathroom or DIY-project you can find it here. Order in the web shop and get it delivered at home, or pick it up at their warehouse.

Be:eco are also very good at giving product information, so you can make sure that your products are vegan, not animal tested, free of plastics etc. At their blog they also have ideas for how to do DIY-projects.

Beecoshop.no



LIST OF MORE OTHER SUSTAINABLE PLACES

City center

Råkk og Rålls: Stortingsgata 8

Cultura sparebank: Holbergs gate 1

Sagene

Sagene Takhage: Kristiansands gate 2

St. Hanshaugen

BITRAF: Pløens gate 4

Vulkan Bigård: Mathallen Vulkan 5

Online

Helsport: helsport.no

Csoaps: csoaps.com/webshop. Produkten fra Csoaps finner du også hos diverse butikker, oversikt finnes på csoaps.com/butikker.

Let etter Klar vaskemidler i dagligvarehandelen din.

[vegannorway: vegannorway.com](http://vegannorway.com)



MARKETS

THERE ARE OFTEN A LOT OF DIFFERENT FORMS OF MARKETS ALL AROUND OSLO. THIS IS A NICE WAY TO FIND SHORT TRAVELED, ORGANIC AND USED TREASURES. MARKETS ARE SET UP BOTH ON A REGULAR BASIS AND MORE SPORADIC, SO IT WOULD BE SMART OF YOU TO KEEP AN EYE OUT FOR POSTERS AROUND TOWN, AND TO CHECK OUT FACEBOOK FOR EVENTS NEARBY.

BONDENS MARKED

One of Oslo's best-known markets is Bondens marked (means "the Farmers market"), here you can buy locally produced food straight from the farmer. The focus here is on sustainable food, and where you can find most products,

of course depending on the season. This market is often set up around Oslo. The most frequent one is to be found at Vinkelepplassen at Majorstuen on Saturdays (not every Saturday).

VESTKANTTORVET

Vestkanttorget is another frequent market, opening our from 9-5 every Saturday from about 9am-5pm. Here you can rent a stand and sell your own stuff, and the opening hours are therefore set according to the people's interest. Depending on the

date, there will be a variety in selection.

Address: Amaldus Nielsens plass

TFA - THE FASHION ARCHIVES

A lovely clothing market where you can definitely find a lot of treasures! It's only individuals who stand here to sell their clothes, and there is usually a lot of very nice clothes here!

This event is usually at Kulturhuset, and it is set up about once a month. Follow them on Facebook for the time and place!

FLEA MARKETS

Oslo has a vast amount of flea markets, and if you keep an eye out they are set up quite regularly. Be on the outlook for posters and banners all around Oslo, and also keep an eye on facebook updates. So be alert! Here you get the opportunity

to really find nice and cheap bargains. In addition to this you'll support local school classes, sports team or marching bands, because these are the most frequent hosts.

TIPS FOR A MORE SUSTAINABLE LIFESTYLE

IN ADDITION TO ASSEMBLE SUSTAINABLE PLACES IN THE CITY, WE HAVE COLLECTED SOME OTHER IDEAS FOR SUSTAINABLE LIVING.

Be a tourist in your own city, or just a normal tourist

Oslo actually has most of the ingredients for both a nice weekend and an enjoyable vacation.

Visit museums, go to the beach, discover a new district or a new park. Find a new bar, go play some minigolf, rent a kayak and go paddling in the Oslo fjord or test out an escape-room. What about visiting Oslo climbing park, get a tour at the castle, go to the theatre or a small concert.

Tired of Oslo? There is a lot of cities and delightful places a quick train ride outside the city centre. We can strongly recommend a day trip with public transport to another Norwegian city. It is - believe it or not - a lot of fun things to do in Moss, Fredrikstad, Eidsvoll or Drammen - just to mention some.

There are tons of good **swap markets** in the city, and this is really the best way to renew your wardrobe (good for the environment and the wallet - as well as a lot of fun!). At the swap market you just bring some clothes you no longer need, and then exchange them for clothes you actually want. Keep an eye out on Facebook to find future swap markets. In the student association we often host these kinds of markets, and they are highly recommended ;)

Cultura bank (placed in Holbergs gate 1) is Norway's most ethical bank! You can do a lot by making sure that the people that take care of your money also takes care of the environment and humans alike. Check out etiskbankguide.no for more information.

Use city bikes!

You can buy access to the city bikes (bysykkel) for one day or for a whole season.

Do you want to learn more about the environment or climate change?

Lectures that will give you answers to all of your questions are often arranged around the city. Check out the websites of for example Litteraturhuset or different environmental organizations to see what they are up to.

There are many different **labels** put in products to inform consumers about different qualities about the product they buy. Some of these are the Nyt Norge label, Svanemerket and the Fairtrade label.

Look out for the **Nyt Norge label** to find products produced in Norway. These products are more environmentally friendly as they haven't travelled a long distance to end up at your table.

Svanemerket is an official certification of environmentally friendliness established in 1989 by the Norwegian council of ministers. It is the life cycle of a product that qualifies it for Svanemerket. For example some qualification are lack of environmental toxins, low use of energy and if the commodities are obtained in a sustainable way.

You can find the Fairtrade label on a variety of products, like foods, drinks, flowers, cotton and textiles. For example we have Fairtrade certified chocolate, pineapple, ice cream and skincare. **Fairtrade** focus on a sustainable agriculture of the working conditions of the producers, and you can find a selection of their products in any grocery store.

You can freeze almost everything! Do you have too many fresh vegetables? A leek you can't use? A bag of spinach? A cheese? The leek can be chopped and frozen in a box. The spinach can be washed and frozen in the bag you bought it. Bits of these you can use in a delicious wok. The cheese can be frozen in an airtight container, and after about two days of defrosting it can be used as normal.

Some brands have **transparent factory lists**. Choose those. If they are transparent they can be checked and it's more likely the workers at the factory are treated better. You can find a list over brands with a transparent policy at Framtiden.no

Buy second hand! Visit a flee marked, swap marked, second hand store or Finn.no.

The libraries in Oslo keep more than books. They have instruments, movie theatres, board games and games for pc, Xbox and PlayStation. The movie theatre can be reserved for a group of two or more people, and some of the instruments you can borrow are guitars and ukulele. Check out deichman.no/vi-tilbyr.

OUR PERSONAL TIPS!



Bring your favourite book to the park and stay there all day. This is the very best way to spend a sunny day in Oslo. And if you have a cold Sunday to spend, I'd like to recommend all of Oslo's museums.

-Elisabeth



Use your legs! Yes, using public transport or a bike is a lot better than driving a car. But Oslo is a very small city and you will be able to walk to every part of the city. By walking you will experience many new places, get a little workout and be kind to the environment - all at once!

-Isabelle



Get rid of your environmentally harmful habits - the more the merrier. Try reducing your use of bottled water, small packages of snacks, straws, plastic bags, single use cutlery and so on. You have many habits in your everyday life that can be harmful to the environment. Fortunately, not much is needed to change those habits.

-Ellen



Nøtteblandern! It's an excellent choice!

-Signhild



My very best sustainable tip for Oslo is to visit the best sledding hill in Oslo: Korketrekkeren! It is located between two metro stops and is a pleasure for the inner child in all of us.

- Dina

Thank you to Framtiden i våre hender Trondheim studentlag for the idea (check out their city guide at https://issuu.com/fvhstudentertrondheim/docs/b_rekraftig_byguide_ny_utg_web)

The text is written by Signhild B. Opheim, Ellen Hellebust, Isabelle Auby, Elisabeth L. Barlaug and Dina Hauge.

Graphic design is done by Isabelle Auby.

The pictures are either taken by us or sent to us from the companies. The photographer is credited where that was requested.

Thank you to everyone in the student association for ideas to places fit for inclusion into the city guide.

Do you know any places we should include when we update the city guide? Reach out to us at oslostudent@framtiden.no.

Do you want to join Future in Our Hands Oslo Student Association? Like our facebook page to find out when we have meetings and events. Contact us by email, IG or FB.

Would you like to stay updated on what the student association do? Follow us on instagram.



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