

Framtiden i  
våre hender  
Oslo  
studentlag

# Sustainable cityguide



## **Framtiden i våre hender Oslo Studentlag**

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Cover picture: Dreyer Hensley

# Who and what are we?

## Hi!

We are Framtiden i våre hender (Future in our hands) Oslo student chapter. Future in our hands works for ethically responsible and environmentally-friendly consumption. We do the same in the student team in Oslo. We arrange exchange markets, lectures and workshops, inform, join demonstrations and other fun activities.

When we began the work with this sustainable city guide, the thought was to make it a little easier for the ones living in, or visiting Oslo, to live sustainably. We hope you will enjoy this guide!

## What is sustainability?

To take care of the earth, we must live in a way where we do not use a disproportionate amount of its resources. Sustainability is to consume without depleting or destroying resources. How do we do that? By reusing, repairing and not buying much more than we need. By assuring that those who produce our food and products get a living wage and good working conditions, and that the production does not destroy our planet.

To live sustainably, we must ensure that all parts of the production chain are treated well. We have collected places in the city that help us all to shop ethically, second-hand, packaging free, locally, ecologically and free of environmental toxins. Places where you can repair or exchange your things, and borrow things you do not have the need to buy. The best for the planet is that we consume less and reuse more!

Thank you for choosing to take a look at a sustainable city guide! We hope that you discover some new and interesting places, which can make the way towards a sustainable lifestyle a little shorter.

**Best regards,**  
**Future in our hands, Oslo student chapter**



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For every category, we have included a list of places we know. Furthermore, we have chosen some and given them a more thorough description.



Photo: LETT

# Places to eat

In Oslo you can find sustainable food for any occasion!

We have to change our eating habits in order to be able to live sustainably. Meat is responsible for a considerable proportion of anthropogenic CO<sup>2</sup> emissions. Food that has been transported half-way around the world before reaching your plate is not sustainable either. We should also make sure that the people who produce our food can themselves afford to live well for what they are paid.

There are several things us as consumers can do to live more sustainably - starting with choosing restaurants and cafés carefully.

# Funky Fresh Foods

Funky Fresh Foods is an eatery with a plant based menu that also strives to be fully organic. Here you can find a good selection of dishes that change regularly! You can treat yourself to anything from raw cakes to lunch and dinner. They serve coffee, beer and wine and a decent selection of smoothies, juices and milkshakes. Most dishes can also be made gluten free. In addition to the café they also have their own cookbook and arrange classes and festivals. You can also buy some of their products at Smoothie Exchange and Deli De Luca.

You can find this lovely place with its delicious food at DogA in Oslo.

Address:  
Hausmannsgate 16, Oslo



# Nordvegan



Vegan café/restaurant in the middle of town! Here you can make your own salad, order a curry, raw cakes or the special of the day. They also serve coffee, tea, organic homemade kombucha and a selection of cold drinks. Nordvegan has strong Asian influences and has a cozy atmosphere, friendly staff and plenty of delicious flavors.

Tip: bring your own take-away container and get a 10% discount!

Address:  
Kristian IVs gate 15B

# LETT

LETT is a restaurant chain that focuses on sustainable food and making it easier for more people to choose healthy and nutritious food. Their slogan can be translated to "Eating right should be easy". They have a selection of tasty and varied dishes with fresh ingredients from local farmers. The disposable packaging is even made from plants! They have a dedicated climate board responsible for developing the best sustainable solutions for their business. Every meal from LETT is estimated to have a climate footprint lower than the UN goal of 0.5 kg CO2-eq. Furthermore LETT is fast and easy - it can't get much better!

Addresses:  
Akersgata 18  
Bogstadveien 39  
Brugata 8  
Frognerveien 8  
Grundingen 1  
Jernbanetorget 6  
Klingenberggata 7  
Nedre Slottsgate 8  
Operagata 17



Photo: LETT

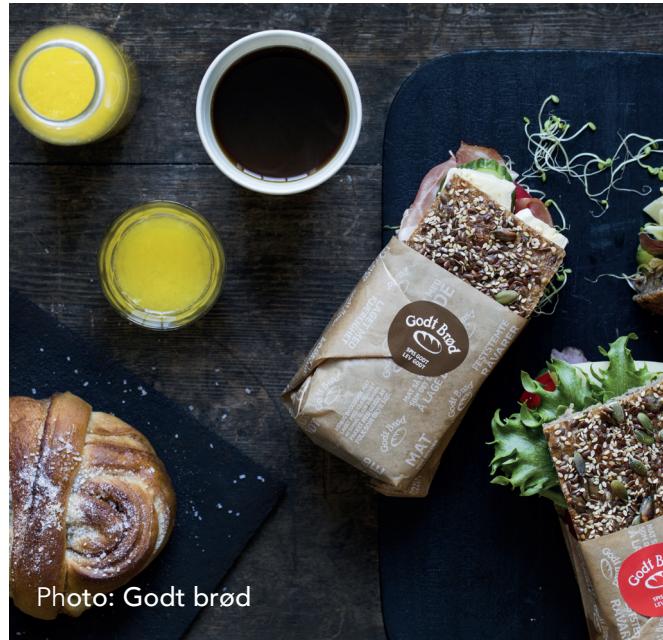


Photo: Godt brød

# Godt brød

Godt Brød has several branches in and around Oslo and focuses on organic and local products. You can order in advance or in store and choose between a large range of breads and baked goods. Some examples are spelt sourdough bread, müsli bread and almond buns. You can also get freshly made baguettes, rolls or bread with the toppings of your choosing from the sandwich bar. You can even get Brie made right here in Norway!

Addresses:  
Gamle Ringeriksvei 36  
Nydalsveien 28,  
Nydalsveien 33  
Operagata 29  
Snarøyveien 55  
Thereses gate 33 og 52A  
Thorvald Meyers gate 49

# Oslo Raw



Photo: Oslo Raw

Oslo Raw is a café chain that exclusively offers organic, plant based food with a particular focus on cakes and sweets. All of the treats on the menu are raw - so not heat treated at all - which follows their ambition of offering healthier treats without compromising taste.

In addition to cakes you can also order bowls, porridge and smoothies, as well as lots of other things from the menu. If you are not in the mood for anything sweet they also serve lunch and can tempt you with salads or avocado toast. Their entire menu is free of gluten and refined sugar.

If you still want more you can also buy pre-made products such as pesto and granola to bring home as well as their own cookbook. They also organize cooking classes and offer catering.

Addresses:  
Ullevålsveien 82b  
Skovveien 16

# Cultivate Food

Cultivate Food is a 100% plant based eatery, whose goal is to make people eat plant based food more often. On their team, they have dedicated chefs, and Cultivate Food is uncompromising when it comes to taste. The goal is locally produced food, and that as many of their ingredients as possible shall come from their own farm - Kveldsrud farm at Jevnaker. Cultivate Food focuses both on health, the environment, the climate and animal welfare, and sustainability is the foundation of their concept. Cultivate Food work with circular and sustainable solutions in all levels of the production. Here you can enjoy a delicious breakfast, lunch or dinner - with a good conscience!

Address:  
Helgesens gate 18



Photo: Cultivate Food

# Sådd



Photo: Dreyer Hensley / Sådd

Sådd is one of Blinderns newest cafés. Here you find exclusively plant-based food with a low climate footprint. At Sådd you can get both lunch and dinner, as well as coffee and cold drinks - to very student friendly prices. The café also cares about consumption, and all of their furniture is reused! Even though Sådd is located at Blindern, the main part of the University of Oslo, everyone is welcome for a cozy, environmentally friendly and affordable café experience!

Address:  
Problemveien 11

# Too Good To Go



Photo: Too Good To Go

Fancy a tasty, environmentally friendly meal for a decent price? Too Good To Go is the app that lets you save excess food from eateries all over town. You can get anything from breakfast, lunch and dinner to baked goods and flowers.

All you have to do is to download the app, buy a bag of excess food and pick it up at the given time!



Photo: Too Good To Go

*Vær med i  
kampen mot  
matsvinn!*

# PLACES TO EAT

## **Other sustainable places to eat**

BGreen by Berit	Rest
Habsak	SOHO Urban Eatery
Happy Foods Cafe	The Dhal Company (ferdi-gretter)
Jungel pizza	The Fragrance of the Heart
Krishnas Cuisine	The Juicery
Kumi	Vegan Loving Hut
Loving Hut	Cultivate Food
MelaCafé	Veggie de Luca
Naturli'	
Nordic Foodprint	

Remember you can buy  
Too Good To Go from eat-  
eries all over town!



Photo: Sagene Takhage

The logo for Groceries features a large, stylized orange 'G' on the left, which is partially cut off on the right. To the right of the 'G', the word 'Groceries' is written in a bold, black, sans-serif font. The 'G' and the word together form the word 'Groceries'.

The food we eat, and what we buy in our daily life accounts for a huge part of our personal consumption. In the following pages, you will find some of the shops in Oslo that have committed to reducing their food waste and use of packaging, and several that use ecological and local goods. Here you will find both nuts, bottle-free shampoo and sourdough bread!

# Nøtteblanderen



Photo: Nøtteblanderen

Do you miss almond and pistachio butter in regular stores? Do you want to taste both light and red quinoa, buckwheat, or just a couple of dates? Nøtteblanderen has a large selection of nuts, dry fruits and seeds.

Nuts and fruits are sold by weight so you can buy as much as you would like, and most of the goods are ecological. In addition, they offer a selection of tea and coffee. Nøtteblanderen is easily accessible, right next to Grønland metro station.

Addresses:  
Brugata 19  
Oscars gate 19

# Røtter

Røtter is a store with a large selection of what you need to make your life-style more sustainable. Røtter sells ecological fruit, vegetables, food and cosmetics produced both locally and internationally. You will also find increasingly more products that will help you reduce your own waste. Røtter has something for everyone, and the stores are located in highly inviting facilities!

Addresses:  
Ullevålsveien 39  
Bygdøy Allé 23  
Thorvald Meyers gate 46





Photo: Møllerens Sylvia

# Møllerens Sylvia

In the center of Oslo, you can find an independent grocery store that sells ecological and local food, and this is Møllerens Sylvia. They offer farm eggs, season-based vegetables, sourdough bread and several other products sold by weight. Bring some reusable cloth bags or boxes for a packaging-free, sustainable and cozy trade.

Address:  
Hegdehaugsveien 12

# Kooperativet

This is a member organization where you can order the “bag of the week” online and collect it at Mathallen Vulkan. The bag of the week contains for instance ecological vegetables and dairy products from local farmers. One bag costs 225 NOK. The content of the bag varies with the seasons, but it always brings the feeling of abundance and quality. In addition, it is fun to cook food according to the seasons, and to test new groceries and dishes. A membership costs 310 NOK per year, and requires you to take two shifts where you distribute the food, since the continuation of the organization is dependent on voluntary effort. What a way to support local and ecological food production!

Website: [kooperativet.no](http://kooperativet.no)



Photo: Cultivate Food

# GROCERIES

*Tip:*

*Almost anything can be freezed! Do you for instance have too many vegetables in the fridge? Leeks you will not be able to use, a bag of spinach or a cheese? The leeks can be chopped and put in a box, the spinach can be washed and freezed in the same bag as it arrived in, and both can be taken out and used in for instance wok or a stew. The cheese can be freezed in the original wrapping, or stored in an airtight container. It needs about two days of defrosting in the fridge before it can be used the same way as usual.*

## Additional stores

Bondens marked

Den gode jord

Frogner Helsekost

Havens Kolonial

Kinsarvik Naturkost

Kolibri Kolonial

Landhandleriet

Lille Tøyen kolonial

Lokal - Harbitz Torg

Plantemat

Reko-ringen

Økohjertet

*There are several labelings intended to enlighten us as consumers with regard to various qualities of the goods that we buy. Some of these are the Nyt Norge label, the Nordic Swan Ecolabel and the Fairtrade label.*

*Look for the Nyt Norge label, since this shows you which goods are produced in Norway. These groceries have traveled a shorter distance from the fields to the table, and will have a lower climate footprint than food that has traveled across the Atlantic, for instance.*

*The Nordic Swan Ecolabel is an official ecolabeling established in 1989 by the Nordic Council of Ministers. They monitor the entire life cycle of a product when deciding who may use the Swan Ecolabel. Examples of things they consider are environmental toxins, energy effectiveness in the production, and whether the raw materials have been gathered in a sustainable way.*

*The Fairtrade label is found on many different goods in various categories, like food and drink, flowers, cotton and textile. Examples of specific goods are chocolate, pineapple, ice cream and skin care. Fairtrade focuses both on sustainable agriculture and the working conditions of the employees, and you can find a selection of Fairtrade labeled goods in most grocery stores.*



Photo: JF Curated

# Clothing

Not everyone knows that the clothing industry is one of the industries with the worst climate impacts. Luckily there are many ways we can reduce the massive effects fashion can have on the environment. Here we have collected a few options for those who wish to be a little more environmentally conscious in their fashion choices.

# Fair and Square

Fair and Square is a clothing brand that focuses on their workers! This is a Norwegian brand that ensures their employees have good working conditions. They have their own factory in China with 18 employees that have close to Norwegian working conditions: 37.5 hour working weeks, time off on the weekends and six months paid maternity leave. Currently it is only the production factory that have these conditions, however the goal is to expand the offer to the entire production chain.

Fair and Square provides mainly base layers made of bamboo viscose and organic cotton. They have also had collaborations with well known artists such as Frida Ånnevik and Trygve Skaug.

Website: [fairandsquare.no](http://fairandsquare.no)



Photo: Fair and Square



# Fjong

Fjong is a really cool new concept that challenges the culture of disposable fashion. Here you can rent everyday clothes, formal gowns, designer items and accessories! They also offer a subscription service where you can rent a set number of items each month so you can regularly update your wardrobe without letting your previous garments be forgotten. Their prices cover insurance, dry cleaning and shipping. The clothes can be rented for both short and long periods and they also make it possible for you to rent out your own clothes!

Website: [fjong.com](http://fjong.com)



# Fretex

Fretex is perhaps Norway's most well-known second hand store and is run by the Salvation Army. In Oslo you can find six Fretex branches with slightly different offers. Recently Fretex launched their new concept Fretex Arkivet (Fretex Archives), a selection of Fretex stores with a more limited selection of items of higher quality and from known brands. A great offer for the fashionista! You can find two Fretex Archives stores in Oslo: one in Universitetsgata and one at Olaf Ryes plass.

Are you looking for larger items such as furniture or sports equipment you can visit Fretex at Alnabru which is Norway's largest second hand store! The Fretex branch at St. Hanshaugen also has a large basement with a good selection of kitchen equipment, books and furniture. In addition to being environmentally friendly you also support the Salvation Army's work by shopping at Fretex.

Addresses:  
Ole Deviks vei 20 (Alnabru)  
Kirkeveien 62 (Majorstuen)  
Ullevålsveien 12 (St. Hanshaugen)  
Smalgangen 8 (Grønland)  
Olaf Ryes plass 3 (Grünerløkka)  
Universitetsgata 20 (Sentrum)



Photo: M&E

# M&E

Maritastiftelsen & Erikshjälpen has for a long time been situated by Ensjø, but moved to Hasle recently. They have also opened a branch located very central, right next to Grensen and Stortorget. Here you can find an abundance of second-hand clothes both for men and women. In addition, they have everything a second-hand store needs, like kitchen utensils, furniture, art, books, textiles and so on - at low prices.

Website: [mesecondhand.no](http://mesecondhand.no)

Addresses:  
Økernveien 99  
Grensen 3



Photo: M&E

# JF Curated



Showpice fra Tonje Plur og Black Rat.

JF Curated is an online shop where you can find clothing and accessories made with an environmentally conscious, sustainable and ethical focus. They work with designers and producers that work a little differently and you can find everything from designer items, jewelry, bags, interior items and accessories for your dog! On their website you can find an overview of all of their brands and how they perform within the areas of ethics, animal welfare, environmental protection and quality control, and what they are trying to improve. Every product also has a clear overview of where the product originates and where it is produced.

The perfect place if you want to find designer items with a good conscience.

Website: [jfcurated.no](http://jfcurated.no)

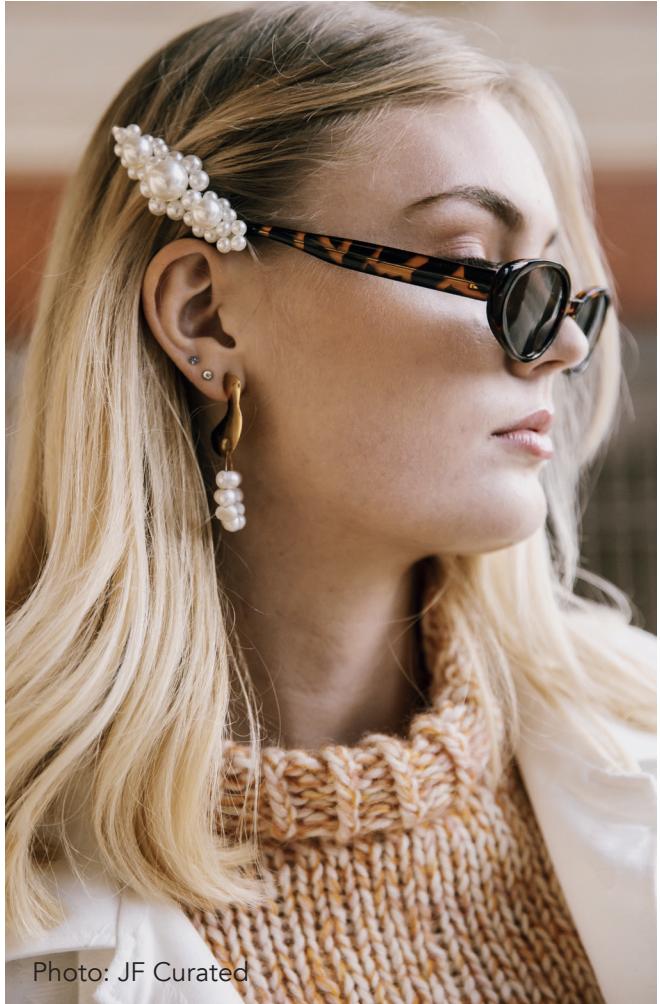


Photo: JF Curated

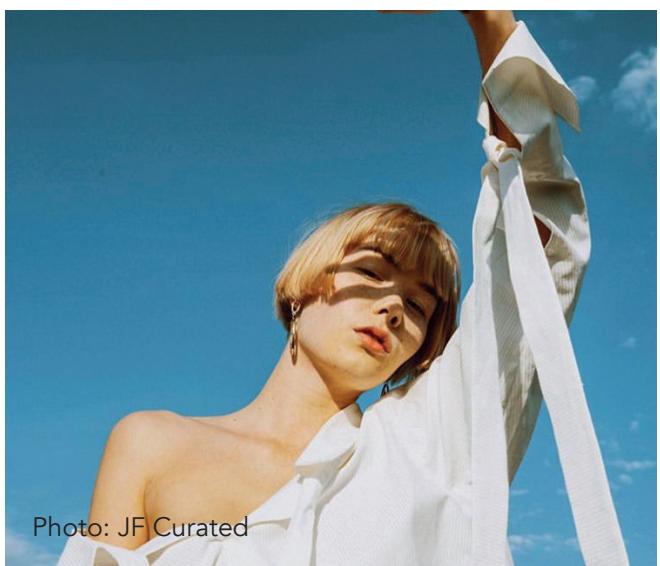


Photo: JF Curated

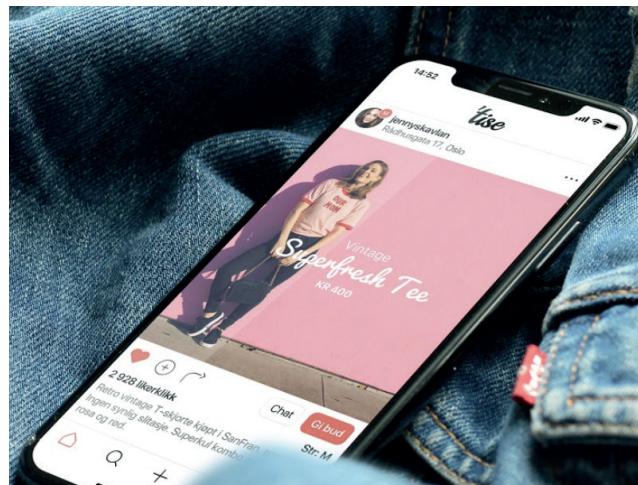
# Velouria Vintage

Velouria Vintage is well known for vintage shoppers in Oslo. The store is right in the middle of Grünerløkka and is known for its large selection of stylish vintage clothes. This store is perfect if you care about fashion and the environment.

Address: Thorvald Meyers gate 34



Photo: Johanna Siring



## Tise

The Tise app provides a safe way to buy and sell used items. The main focus is on clothing, shoes and fashion, but you can also find furniture, interior articles and a lot of other things. Even though the app is made for a wide audience it has become more popular amongst a younger demographic and is contributing to young people becoming more conscious of the environmental impacts of the clothing industry. In addition to being more environmentally friendly, items sold on Tise are often much cheaper than they would be in-store.

Recently Tise had also presented additional services such as Tise Basics, an online store with a large range of eco-friendly items, Tise Mobile, a more environmentally conscious mobile provider and Second Chance, Tise-profiles where known brands can sell surplus clothing for a reduced price.

# Sew your own clothes

Another way to be more environmentally conscious in your fashion choices is to sew your own clothes! Not only can you use more environmentally friendly fabrics (either from fabric stores or second hand shops) but you also gain a much deeper understanding of the great amount of work that goes into producing clothes. Making your own clothes gives an amazing sense of achievement and makes you appreciate your wardrobe much more. It may seem scary in the beginning, but there is lots of help to find online.

Here are some recommendations:

[www.faebrik.no](http://www.faebrik.no)  
[www.soemrom.no](http://www.soemrom.no)  
[www.stoffogstil.no](http://www.stoffogstil.no)



Photo: Fair and Square

## *Tip:*

*Some labels have open and publicly accessible lists over which factories have produced their clothes. By providing them publicly, the labeling companies show that they take responsibility for the working conditions at the factories, since it is possible to monitor if the factories actually keep their promises regarding the environment and ethics. Openness is a good practice, since it makes it easier for unions and organizations to discover blame-worthy conditions. Be conscious about where you go shopping, and preferably shop at stores with open lists. You can find lists of open list-producers at [framtiden.no](http://framtiden.no).*

# CLOTHING STORES

Ditto

Ekko

Fjällräven

Frøken Dianas Salonger

Galleri Normisjon

Good Vibes Vintage

Green Kids & Moms Seconhand

Livid

MA Vintage

Nudie Jeans

Prisløs

Retro Lykke

Reprise

Robot

Vintage Wear by Ny York

UFF

## Online stores

Brynje: brynje.no

Fair & Square: fairandsquare.no

Fjällräven: fjellrevenshop.no

Fretex: nettbutikk.fretex.no

Frøken Dianas Salonger: frøken-dianassalonger.no

Hasla: haslajewelry.com

Livid: lividjeans.no

Velouria Vintage: velouriavintage.no

Grønt Skift: grontskift.no



Smykker/ringer fra Yoster. Photo: Yoster

# Hair- and skincare

Hair and skincare products can be a source of environmental toxins, microplastic and a lot of packaging - or it can also not be. We have listed some places where you can go to find products with few, sustainable and ethically produced ingredients without unnecessary packaging. Have you tested shampoo and balm bars? Or shaving foam in bars wrapped in cardboard? All this, you will find in the following stores.

# Floke



Floke is Norway's only hairdressing chain with Green Certification. This is the most serious and recognized allergy- and eco-labeling within hair products and salon business in Scandinavia. Floke wants to influence other hairdressers, consumers and businesses to make more environmentally friendly choices, to secure sustainable development in the hairdressing industry and in society in general. In addition, they are driven by giving every customer the feeling of quality, well-being and calmness. Do you seek quality, simultaneously as you care for your own health and the environment? If so, Floke is the right place for you.

Address:  
Kirkegata 20,  
entrance from Prinsens gate

# Lush



Lush is a relatively well-known cosmetics chain that focuses on skin- and hair care. Lush cares a lot for environmental ethics. For instance, all of the products are vegetarian. One of the most interesting things about Lush is that they have a huge focus on reduction of unnecessary plastic packaging. This is a great place to go if you seek to reduce your plastic waste.

Addresses:  
Bogstadveien 3  
... and more!



# Gruten

Why throw away coffee grounds when it can become an amazingly good soap? Gruten uses the nutritious coffee grounds in Oslo to make soap, body scrubs and several other products. They also grow oyster mushrooms in coffee grounds. This is really local, and proper reuse!

Gruten sells their goods in several stores in Oslo (check their web-page for their list).

Web-page: [gruten.no](http://gruten.no).

Address:  
Bentsebrugata 11



*PS: Have you tried to make some hair and skin products yourself? Several of the places in the city guide sell ingredients, and inspiring recipes can be found online.*

# HAIR AND SKIN CARE

## *Tips:*

*Exchange bathroom products in plastic containers with package free products. Soap and shampoo in plastic containers amongst other things, can easily be exchanged with soap- and shampoo bars. LUSH has a good selection of package free products for the bathroom.*

*Buy cosmetic products without plastic contents. Look for names like polyethylene, polypropylene and PE. Products marked with the Nordic Swan Ecolabel guarantee that they do not contain microplastics.*

## **Other places for hair and skin care**

Balanzera (frisør)

Be:eco.no

Estrid.com

Eirscandinavia.com

Gruten

Hannebang.dk

Rötter

Rå norsk hudpleie



Photo:  
Monica Friedrich  
Johannessen

# Repairs, lending and renting

Do you have a jacket full of holes, a rusty bike chain, or need a drill for an hour or two? Using, reusing and fixing what you already have is good for the environment and luckily, a lot of stuff can be fixed.

On the following pages you will find places that offer repairs of clothes and shoes, lending tools for fixing up your home, and service for your bike. One of the places even has a bar and café! Do you have a bag with a torn shoulder strap - head on over!

# Deichman

Deichman is Oslos public library. They have departments in many different parts of the city. In some of the libraries, books are not the only thing you can borrow! For example, at Deichman Torshov and several others you can borrow power tools like drills, saws and angle grinders, as well as toolboxes with various hand tools. This is perfect when you need a specific tool just a few times a year. Why buy an expensive tool when you can borrow one for free?



Deichman also has a seed library. You borrow seeds, plant them at home, and then return new seeds after the season.

## Addresses:

Deichman Bjørvika - Vestlys plass 1

Deichman Majorstuen

- Hårfagres gate 2

Deichman Tøyen - Hagegata 28

Deichman Grünerløkka

- Schous plass 10

Deichman Nydalen - Langbølgen 1

Deichman Torshov - Sandakervien 59

Deichman Bjerke - Refstadveien 70  
med flere

Website: [deichman.no](http://deichman.no)

# OsloVelo

In the middle of Grünerløkka you will find OsloVelo, a place that offers bike repairs and service, as well as a nice bar and cafe. Velo helps making environmental concerns both social and cozy. They can fix all kinds of bikes, old and new, and also have a bike rental. In addition, they have an online shop where you can buy spare parts for your bike. This way, Velo both helps making it easier to use bikes rather than other less sustainable ways of transportation, and limiting the production of new bikes by using what you already have. Their cafe is also known for making their pastries in the house, further reducing environmental costs related to transportation.

Address:  
Seildukgata 23A

Website: [oslovelo.no](http://oslovelo.no)



# Peloton

Peloton is a nice bar, cafe and pizzeria at the end of Torggata. Here you can enjoy a cup of coffee, a beer, or a vegan friendly pizza, or maybe just enjoy the calm atmosphere to work on your assignment. Few places are as versatile as Peloton!

As their name suggests, Peloton is also actively involved in bicycle culture, and they promote biking in Oslo through hosting talks and bike rides. If your bike needs repairing and you, or someone you know, know how to, they rent out their bike repair shop. You find their shop in the backyard. It is open in the summer, and can be booked through their website.

Address:  
Torggata 35

Website: [pelotonbar.no](http://pelotonbar.no)

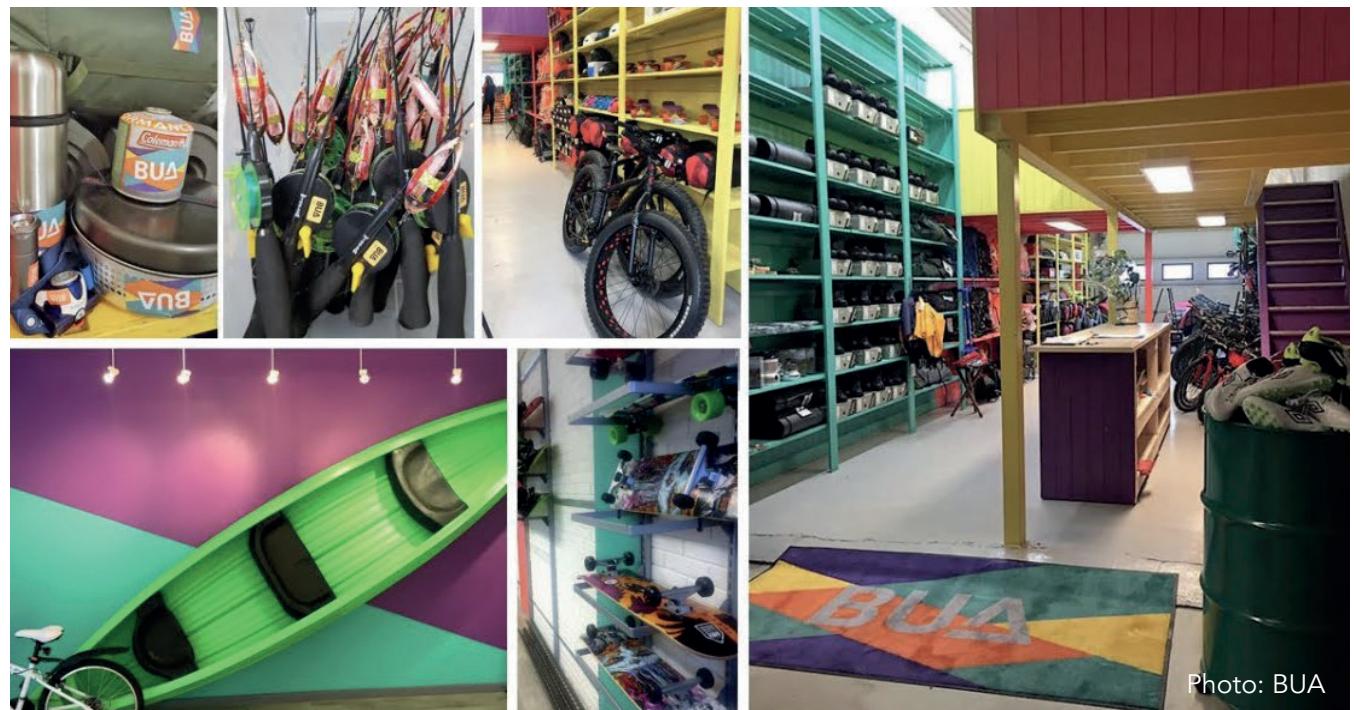
# Bua

BUA is a national non-profit organization that lends out equipment for many activities, all for free! If you want to try snowboarding or go hiking without spending all of your grant? BUA has anything you might need for sports and outdoor activities. It is also very easy! All you need to do is create a lending account on their web page, bua.io, and pick up the equipment at one of the locations that are spread all over the city. The web page is only in Norwegian, but you can also just show up to create an account.

Addresses:  
Hovseterveien 88  
Lakkegata 79C  
Enebakkveien 158d



Find more here:  
[bua.io/utlansordninger](http://bua.io/utlansordninger)



# Clas Ohl- son tool lending

## Car sharing and renting

Do you have a hobby project in the works? Are you a student, or lack space or the desire to own stuff? Then you can go to any of Clas Ohlson's stores and borrow tools home, for a small deposit only. You avoid buying equipment that will just gather dust in your shed, but can still see your project through!



Sometimes you need a car - maybe you are picking up a big shelf bought second-hand, or want to travel somewhere remote without public transport. Car sharing or renting is therefore a good alternative to owning your own car. Car sharing helps cut climate emissions, is a better use of resources, frees up public space in cities, and lessens the amount of traffic. It's also a very economically friendly solution that can work for most people. With car sharing you don't need to worry about service, yearly fees or changing tires - and you can choose the perfect car for your exact need.

Car sharing or renting is offered by several actors in the city, including Bilkollektivet, Nabobil, Vy Bybil, Hertz Bilpool and Hyre.

# Skredder-service (Olga Rast)

Tailor Olga Rast is one of many in the center of Oslo offering clothes repair at an inexpensive price. Anything from fixing a hole in your jeans to adjusting your bunad or wedding dress can be done here - and if you want to spice up your clothes with some embroideries, that is a piece of cake for Olga and her talented tailors! They also have a warranty on their work, and within two weeks they will fix any defects for free.

## Price examples

Hemming pants: from 200 kr

New zipper for pants/skirt: from 380 kr

Adjustment of bunad: from 900 kr

## How much time does it take?

2–3 days, or by arrangement.

## Address:

Karl Johans gate 5



# Skomaker'n

With 40 years of experience in the business, Skomaker'n in Oslo boasts both shoemaking and tailoring services. If you have something else that needs repairing, they are always open for a challenge - previously they have repaired old doll carriages and camera bags. Here you can trust getting good handiwork by service minded and nice employees!

## Price examples

Changing shoe sole: up to 450 kr

Changing heel: 255 kr (women's), 350 kr (men's)

Tailoring or other repairs by arrangement.

## How much time does it take?

1 day for normal inquiries.

## Address:

Ruseløkkveien 50

# Repairable

Repairable is a tailoring and shoe-making service that wants to make it easier to take care of your clothes. They work for a more sustainable and circular economy, and their vision is to promote repairing as an obvious part of a sustainable wardrobe. The need for system change is also obvious, and so they also have customers like SWIMS, Helly Hansen and Hennes & Mauritz, in addition to individuals.

You can order repairs on their website, and then both hand in and pick up your garment at a location of your choosing. You can also have it sent by mail.



Photo: Repairable



Photo: Repairable



Photo: Repairable

## Price examples

New zipper: from 349 kr

Repairing holes between thighs:  
499 kr

Hemming skirts/pants: from 299 kr

A complete price guide can be found on their website.

How much time does it take?  
1-2 weeks.

Website:  
[repairable.no](http://repairable.no)

Addresses:  
CC Vest - Lilleakerveien 16  
Fornebu S - Snarøyveien 44

# REPAIRS, LENDING AND RENTING

*Tip:*

*The libraries in Oslo contain much more than books and tools. They have instruments, a cinema hall, board games, pc games, Xbox and PlayStation amongst others. The cinema hall can be reserved for free if you are two or more people, and some of the instruments you can borrow are electric guitars and ukulele. For more information, check this page: [deichman.no/vi-tilbyr](http://deichman.no/vi-tilbyr).*

## **Repairs, lending and renting**

Bella skredder

Skredder John

Bislett Systue

Skredder My Linh

Everest Sko

SofiaRens (key service og and tailoring)

Livid jeans

Mister Minit

Nudie Jeans Repair Shop

## **Online**

Oslo Skredderstue

Norrøna: visit [norrøna.com](http://norrøna.com) for repairs of your Norrøna-products. (OBS: they have environmental toxicants in their products.)

Red Bike sykkelverksted

RE:sykkel

Rose Systue

Bergans: visit [bergans.com](http://bergans.com) for repairing of your Bergans products. (OBS: they have environmental toxicants in their products.)

Rouleur oslo

Sentrum Renseri, Skomakeri & Nøkkelservice

Skomaker Dagestad  
(OBS! As of 03.01.22 they only offer repairs of shoes bought in their own shop)

Restarters: [therestartproject.org/groups/restarters-oslo/](http://therestartproject.org/groups/restarters-oslo/)  
(Here you will find upcoming events)



# Others

In this section you will find other places that make a sustainable life easier. We have collected several places that did not fit into any other category, as well as those that are only online stores.

You can't always find exactly what you need in local stores, so online stores can be a good option for sustainable shopping. There are many good online stores that can be helpful when you want to acquire a more climate-neutral lifestyle

# Råkk og Rålls



There may not be many people who still buy music and movies in physical format, but if you're one of the few, Råkk&Rålls is a gift to you. There you will find meters in meters of used and hence cheap LPs, CDs and DVDs that need a new owner. Råkk&Rålls also buys your used CDs and LPs (if the student budget is becoming small).

Address:  
Stortingsgata 8



# Be:eco

The online store that has almost everything you need for a sustainable lifestyle! Their focus is reusable products for Norwegian homes - so you can cut down the amount of your own waste easily. If you need anything for either the kitchen, bathroom or DIY-projects - you will find it here. Order in the online store, and get home delivery or pick up yourself at their warehouse.

Be:eco is also great at providing good product information, so you can make sure that the products you buy are vegan/not tested on animals/plastic-free, etc., depending on what's most important to you. On their blog, they also have tutorials for DIY projects.

Website:  
[beecoshop.no](http://beecoshop.no)



Photo: Andreios Belaza

# Sagene takhage

Are you interested in urban food cultivation? Do you want to take a break from city life, enjoy the view and see how rooftops in Oslo and other cities can be turned into pleasant green spaces and used for food production? You can come to events at Sagene Rooftop Garden, join and grow plants in an organic way or just visit the rooftop garden!

Address:  
Kristiansands gate 2



# Hygglo

Hygglo is a website that helps you rent out things you own, or rent things you need from others. It's a sustainable sharing economy, which is a good way to reduce your consumption. Whether you need a tent, a camera, extra chairs or a fireplace vacuum cleaner (yes, this exists!) you can borrow it from someone who lives in your city. It's also a good way to bring in some extra money. If you rent out your own stuff, you keep 80% of your rental income and get your things insured through Hygglo's services.

Website: [hygglo.no](https://www.hygglo.no)



Photo: Hygglo

A screenshot of the Hygglo app interface. At the top, there is a navigation bar with 'Beta' and a battery icon. The main area features a woman looking at a smartphone. Below her is a section titled 'Most populære' (Most popular) with two items: 'Lei en kjole' (Rent a dress) and 'Gressk' (Grass). Each item has a small image, a price (420 kr and 109 kr), and a 'Hvorfor grønnere?' (Why green) button. At the bottom, there is a section titled 'Bytt strøm' (Switch to green energy) with an image of a solar panel and a 'Hvo' button.

na  
Photo: Fauna

# Fauna

Fauna is a loyalty program that rewards you for taking care of the planet. The website (soon also an app) gives you many great tips for environmentally friendly brands and products, and you can also try out various quizzes and challenges. As a member, you are rewarded with bonus points when buying green products - including public transport and vegetarian food. The membership is free of charge. Points can be applied to rewards to yourself or others, such as vacation in Norway, experiences, or giving a girl the opportunity to go to school.

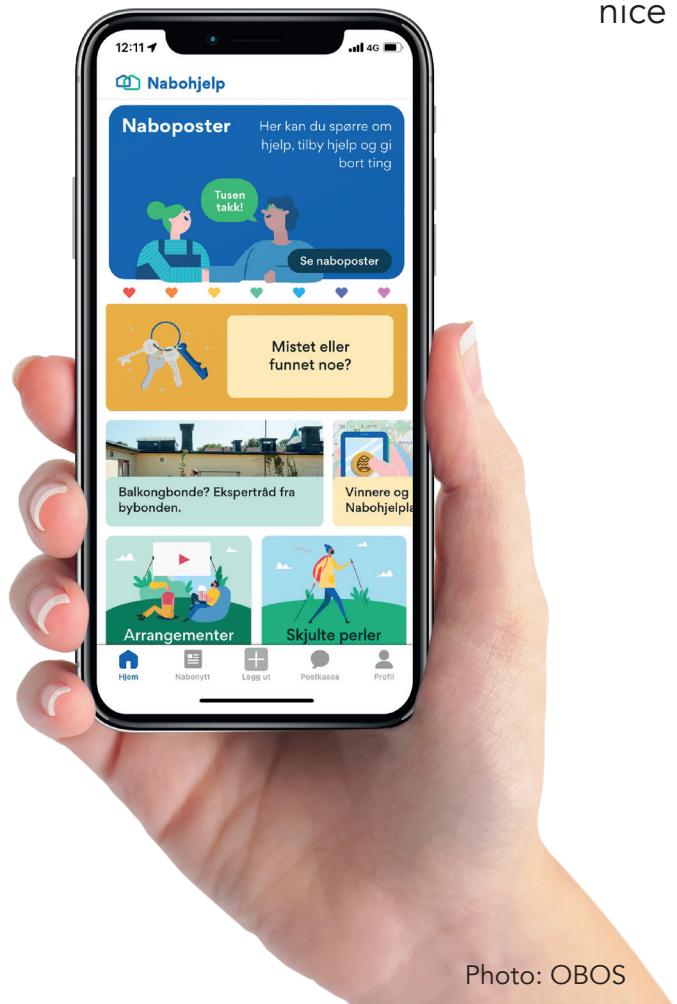
Website:  
[fauna.eco](https://fauna.eco)

# Nabohjelp

Nabohjelp (“Neighbor help”) is a useful and free mobile app developed by OBOS. With this app, one can ask for help from their neighbors if, for example, there is something you need or want to borrow. Of course, you can also contribute by offering help to neighbors, or giving away/selling things you don’t need anymore.

Another nice feature is that there is an overview of events in your area, and in the city in general.

In addition, the app equips you with an overview of nice places recommended by other users of the app. Thus, Nabohjelp is a great app for those who need help with something, want to help others, or who just want to discover new sides of the city. Maybe you’re lucky enough to meet some nice neighbors too!



# OTHER SUSTAINABLE PLACES

*Tip:*

*Cultura Bank (located at Holbergs gate 1) is Norway's most ethical bank! You can do a lot by ensuring that those who handle your money also take care of the environment and people. Check out [etiskbankguide.no](http://etiskbankguide.no) for more information.*

## **Online**

Cultura bank

Ebla book store for students:  
Georg Morgenstiernes hus,  
Blidern UiO

Vulkan apiary

Look for "Klar" detergents  
and other products at your  
grocery store!

Beeorganic.no

Bookis.no

Csoaps.com

You also find products from  
Csoaps at several stores;  
find an overview on: [csoaps.com/butikker](http://csoaps.com/butikker).

Helsport.com

Vegan Norway (app)



# Markets

All around Oslo, many different markets are constantly being set up. This is a great way to find local, organic or second-hand treasures. The markets are arranged both at set times and a little more sporadically, so it's smart to keep a close eye on posters around town or check Facebook for events near you.

# Bondens Marked

## “The farmer’s market”

One of the most well-known markets is Bondens marked, where you can buy locally produced food straight from the farmer. The focus is on sustainable food and you can find most things, depending on the season.

This is often arranged in several places in Oslo, but is regularly found at Vinkellassen, Majorstuen on Saturdays (not every Saturday).

Website: [bondensmarked.no/english](http://bondensmarked.no/english)

# Vestkanttorvet

Vestkanttorvet is another regular market, with opening hours every Saturday approx. 9-17. Here you can rent a stand and sell your own things, and it is therefore open as long as the various sellers want to stay. The assortment depends on who sells the

specific day. It is definitely worth stopping by, as there is often a lot of interesting stuff to be found.

Address: Amaldus Nilsens Plass at Professor Dahls gate

# TFA - The Fashion Archives

A lovely clothing market where you can really find some treasures! It is individuals who line up and sell their clothes, and there are often a lot of good clothes to find.

It is usually located at Kulturhuset, and is arranged about once a month.

Follow them on Facebook for date and place!

## Flea markets

Oslo is full of flea markets, and if you pay attention, they are arranged quite often! Be on the lookout for posters and banners in your surrounding area and keep track on Facebook. So keep your eyes open and stay tuned! Here you can make good and cheap bargains! In addition, you can support

local schools, sports teams or brass bands, because they usually arrange these markets.

On this website you get an updated overview of the time and place of flea markets in Oslo: [loppemarkeder.com](http://loppemarkeder.com)





# outdoors

Oslo has many parks and nice streets. Go for a walk or find a bike, and look for nice treasures around the city. We have gathered some good tips for how you can enjoy a day, or many, in Oslo in a sustainable way.

# Be a tourist in your own city

Oslo actually has everything you need for both a great weekend and an enjoyable vacation. Visit museums, go to the beach, discover a new district or a new park. Find a new bar, go mini golfing, kayaking on the Oslo Fjord or test your creativity in an escape room. How about visiting Oslo Climbing Park, getting a tour of the royal palace, going to the theater or a concert? Try all the things tourists come to Oslo to do. Maybe you can replace a trip abroad with a proper weekend off at home?

Are you still tired of Oslo life? There are a lot of cities and cozy places a quick train ride outside of Oslo. We can highly recommend a day trip by public transport to a new Norwegian city. It is - believe it or not - a lot of fun to discover in Moss, Drøbak, Fredrikstad, Eidsvoll or Drammen - just to name a few.



There are lots of barter markets in Oslo, and this is really the best way to renew your wardrobe (good for the environment, wallet - and it's really fun too!). At a barter market, you bring clothes you no longer need, and exchange them for clothes you actually want.

Stay tuned on Facebook to find exchange markets in the future. We in the student chapter also arrange exchange markets, and recommend everyone to come to these. ;)

# Cycling guide

Cycling is a great way to get around the streets of Oslo! But maybe you are a little unsure of which streets work the best? Or maybe you want to go for a longer bike ride? Google Maps is so ingenious that they have their own page with bike maps! Here you can find where there are separate bicycle lanes, where there is little traffic and you can cycle in the road, or if you want to cycle on the pavement on the pedestrians' premises. Here you will also find bicycle parking! On Google Maps you can also choose directions with routes that are well suited for cycling.



Photo: Håkon Gleditsch

The Cyclists' Association has also made maps of green routes in Oslo, here you can find routes with extra forest, parks or along rivers! They also have guides to other major cities in Norway!

Are you going on a long trip? Norway has 10 routes in the national bicycle network! On the Norwegian Public Roads Administration's website, you will find information about where these are, which parts of them are signposted and more info about the routes that can be nice to know. At sykkelveg.no you can also plan your route through Norway! We also remind you that not all tunnels are allowed to cycle through, and that on some sections it may be a good idea to combine cycling with other means of transportation if you intend to cycle along Norway. The Norwegian bicycle network is also part of the European one that you find on Eurovelo.com.

## Links:

- [Syklistforeningen.no](http://Syklistforeningen.no)
- [Vegvesen.no/trafikkinformasjon/travel information/ bike map](http://Vegvesen.no/trafikkinformasjon/travel-information-bike-map)
- [Eurovelo.com](http://Eurovelo.com)

# PELTON



# Oslo City Bike

City Bike is a great concept for those who want to get around the city in an environmentally friendly way, but who do not have their own bike. There are 260 stations around Oslo, and you use either an app or a personal PIN code to unlock the bikes. With the app you also get a map of the bike stations and where to find available bikes. You can either buy a day pass for NOK 59, or a season pass (April-November) for NOK 499. Then you can take as many trips as you want, up to 60 minutes per trip.

The great thing about a city bike is that you do not have to bring the bike back to the original station, but can put it on any other bike station, as long as there is room for it.

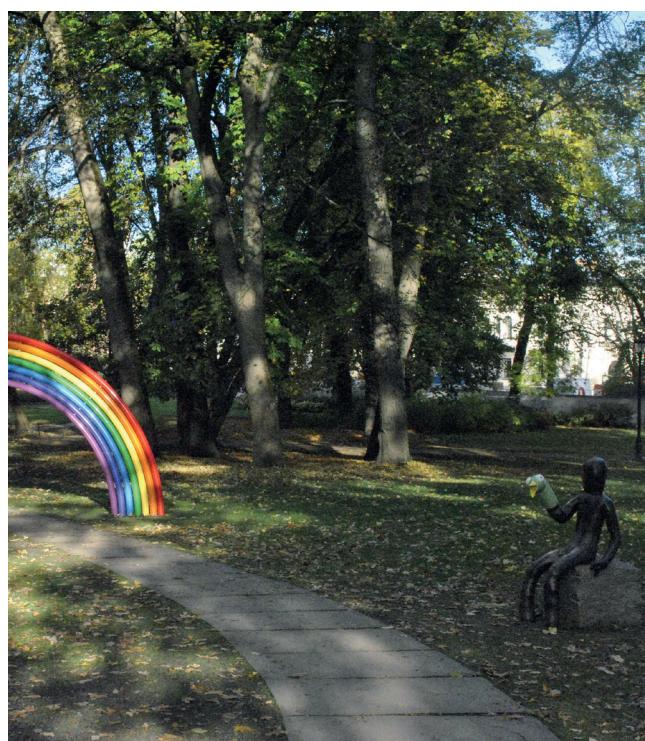
## *Tips:*

*Many have heard the horror stories of stolen bikes in Oslo's streets. But there are some tips to make it less likely that your bike gets stolen. One good tip is to park somewhere very visible, or in a street where many people are passing. Another tip is to use a proper bicycle lock, thin cable locks are incredibly easy to break and it can be done in seconds. So, when you have a good lock, it is also important to lock it up correctly: you should lock both the frame and the wheel. A pro tip is to have two locks, so that you can lock both wheels! And last but not least, Oslo actually has a "bike hotel" at Oslo S!*

# Slotts -parken

The palace park is located around the Royal Palace, as the name implies. The park has many green lawns and tall trees. Here you have nice walkways and various statues easily accessible. Among other things, Princess Ingrid Alexandra has a sculpture park with fun and thought-provoking sculptures based on children's drawings. The fact that the park is so close to the Royal Palace, means that there are often quite a few people there at all times and it is an attractive place for tourists and locals. Slottsparken is only a stone's throw away from the Nationaltheatret station.

Address: Slottsparken 1



# Østensjø -vannet



Østensjøvannet is a nature reserve with good transport connections to Oslo city center. By the lake, there is a rich bird life with over 200 observed species.

Østensjøvannet is open at all hours of the day and offers cultivated land, streams, swamps and forests. The seasons attract different bird species, so you can visit Østensjøvannet in the winter and see completely different bird species than in the summer. Take a walk around the whole lake! The path around the lake is graveled. It takes less than an hour to walk around the lake, which is about 4.5 km long, and you will see many people going for a run along the water.

To get to Østensjøvannet, take metro number 3 to Mortensrud. From there you can choose between four stops: Skøyenåsen, Oppsal, Bøler and Bogerud, depending on where you want to begin your walk.

# Botanisk hage

The Botanical Garden is a gem in the middle of the city! Here you can find a large collection of both rare and common plants. The park is divided into sections such as Great grandmother's garden, Fjellhagen and more. In the middle of the park you can find the Palm House and the Victoria House which have tropical plants and are oases, especially in the winter when it is gray and cold outside. In addition, the Natural History Museum and the Climate House are located here, both of which are worth a visit. The park also has a café which is very popular.



You can easily get there by public transport: bus, tram or metro. From Oslo S, take the 60 bus Tonsenhagen and get off at Tøyenkirken station, or the 31 bus Grorud T and get off at Sars' gate. You can take all the subways that go eastward from Jernbanetorget, as they all stop at Tøyen station. If you want to take the tram, take number 17 Sinsen-Grefsen and get off at Lakkegata skole. NB! There is some walking distance from the stations to the park itself.

Address: Sars Gate 1



# Tips for a more sustainable life

In addition to assembling sustainable places in the city, we also have collected some good tips!

# Green inspiration

## **Movies and series with a sustainable message**

Cowspiracy  
Dominion  
Earthlings  
Food, Inc.  
Forks Over Knives

Plastic Ocean  
Seaspiracy  
Sløsesjokket  
The Game Changers  
What the Health

## **Books**

Doughnut Economics  
Eating Animals  
Less is More  
Mitt Klimaregnskap  
The Sustainable Travel Handbook  
The Uninhabitable World  
Under a White Sky

Kate Raworth  
Jonathan Safran Foer  
Jason Hickel  
Anja Bakken Riise  
Lonely Planet  
David Wallace-Wells  
Elizabeth Kolbert



Photo: LETT



# Tips to reduce your plastic consumption

- Use tote bags and cloth bags when (grocery) shopping. Buy fruit and vegetables by weight, as long as it is available, and bring your own cloth bags for that. The bags can be bought on for instance beecoshop.no or Clas Ohlson. There are also many videos online guiding you on how to sew, knit or crochet these yourself.
- If you have leftovers of food, or something you need to cover, you may use beeswax paper / vegan wax paper, silicone lids or lunch boxes in glass/stainless steel, instead of plastic wrapping or bags.
- Change your plastic toothbrush with one made of bamboo. These can be found in most grocery stores.
- Bring your own thermo cup and a lunch box when buying coffee or takeaway. Many places also give you a discount if you bring your own containers - just remember that they have to be clean!
- To reduce the spread of microplastic in nature, avoid clothes made from synthetic fibers like polyester and acrylic. Opt rather for natural materials like cotton, linen and viscose. You can also use washing bags like Guppyfriend, made to collect loose synthetic fibers during the washing.
- Bring a water bottle wherever you go, so you won't have to buy plastic water bottles if you get thirsty.

In the kitchen, we usually use many tools and gadgets made from plastic. These are often environmentally harmful, but can also be harmful to your health. Therefore, you can replace several of these with tools in other materials like glass, steel and wood.

### **Bowls**

A useful tool in the kitchen is the kitchen bowl, and the most regular ones are made of plastic. Bowls and sets of bowls can instead be bought in stainless steel or glass. Most stores selling kitchenware offer this. A good tip is to check different second-hand shops before buying new ones.

### **Cutting boards**

When you use a cutting board made of plastic, bacteria get stuck in the traces made when cutting. Instead of buying a cutting board of plastic, you can rather buy one made of wood. It is more durable and extends the service life, and it also saves both your health, the environment and your wallet. IKEA and Kitch'n amongst others offer alternatives made from wood.

### **Spatulas**

Spatulas are often made from black polyamide, and can contain a carcinogen that is released when the spatula comes in contact with heat. Exchange your plastic tools like spatulas with ones made from wood, and that most preferably are eco-labeled. This can be found for instance at Clas Ohlson.



Photo: Møllerens Sylvia

## **Frying pans**

Most frying pans used today are made of Teflon. When heated, this can yield toxic particles and gasses. Teflon can easily be exchanged with cast iron pans that lasts much longer and is a long-term investment with a positive impact on the environment. Tools not made from plastic can be used with these pans, unlike teflon pans that are sensitive to scratches. At Finn.no you can find used cast iron pans at a good price.

## **Dish brush**

The next time you buy a dish brush, buy the one made of wood. If you take good care of it, by rinsing it thoroughly and leaving it to dry between uses, it can last for a very long time. Brushes with a detachable brush head (so you can exchange it with a new one) can be found at Life, Sunkost or Clas Ohlson.

## **Lunch boxes**

Lunch boxes are an amazing tool to easily reduce your food waste, and it gives you the opportunity of saving leftovers - but these are also usually made of plastic. As with other plastic tools, they release particles when they are heated up. The best is to replace these with boxes made of glass or stainless steel. At IKEA you can find various glass boxes with lids made of glass or bamboo, and at Clas Ohlson you can find lunch boxes in stainless steel.

## **Straws**

In more and more places, we see straws in paper instead of plastic. If you want to use straws, it is even better to buy straws made of glass or steel. It is cheaper since they can be used over and over, and is much more gentle to your health and the environment. At Lagerhaus, for instance, you can find straws made of glass, paper, bamboo and metal. Don't forget that it is just as good to say no if you're offered a straw - that is the easiest way to save the environment.

It is amazing if you manage to follow all these tips, but it is most important that everyone tries to do something! Be good at taking care of what you already have, and when you really need to buy something, try to choose the plastic-free option.

# our personal tips



Bring a good book and sit in the park all day - it's the best way to spend a summer day! And if you have a Sunday in the winter time to spare, I would recommend all of Oslos museums.

- Elisabeth



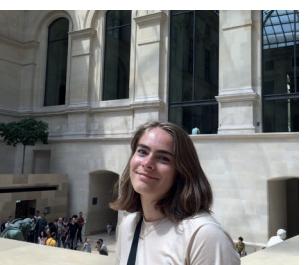
Get on your feet! Yes, it is much better to use public transport or cycle than driving a car. But Oslo is also quite small and it is absolutely possible to walk to all districts. You get to explore nice and new places, become a little fitter and save the environment a little more, all at once!

- Isabelle



Drop environmentally harmful bad habits, the more the better; try to avoid bottled water, small snacks wrapped in plastic, straws, plastic bags at the store, disposable cutlery etc. Our everyday lives consist of many habits harming the environment. Luckily, it does not take much to change many of these.

- Ellen



If you love festivals, I recommend Øyafestivalen in Oslo. The festival has a great focus on the environment, for instance when it comes to food, energy and waste management.

- Hilde



Nøtteblanderen! They have a great selection.

- Signhild



My best environmentally friendly winter tip is to take a walk to Oslos best sledging hill - korketrekkeren! It is located between two metro stops and is a joy to our inner child.

- Dina



My tip is to buy fruit and vegetables at various food markets that you can find all over Oslo. Another tip is to also bring your own bags when grocery shopping. Both for the groceries, as well as the smaller ones for fruits and vegetables. However, most fruits and vegetables do not need a bag, it is often enough to wash them thoroughly.

- Amanda



My best tip is to keep all bags, boxes and jam jars that can be reused! Food that comes in plastic bags or boxes are difficult to avoid completely, but most of the packaging can be reused. In addition, you get many ziplock bags for free by doing this.

- Vibeke



I have really come to enjoy buying second-hand. It is both cheap, sustainable and gives you a really good feeling! See if you can find some treasures in one of Oslos cool second-hand stores, or arrange an exchange evening with your friends!

- Signe



Try sewing your own clothes! It is incredibly fun and rewarding, and an amazing way to become more sustainable in one's choice of clothing. And always bring a water bottle - everywhere. :)

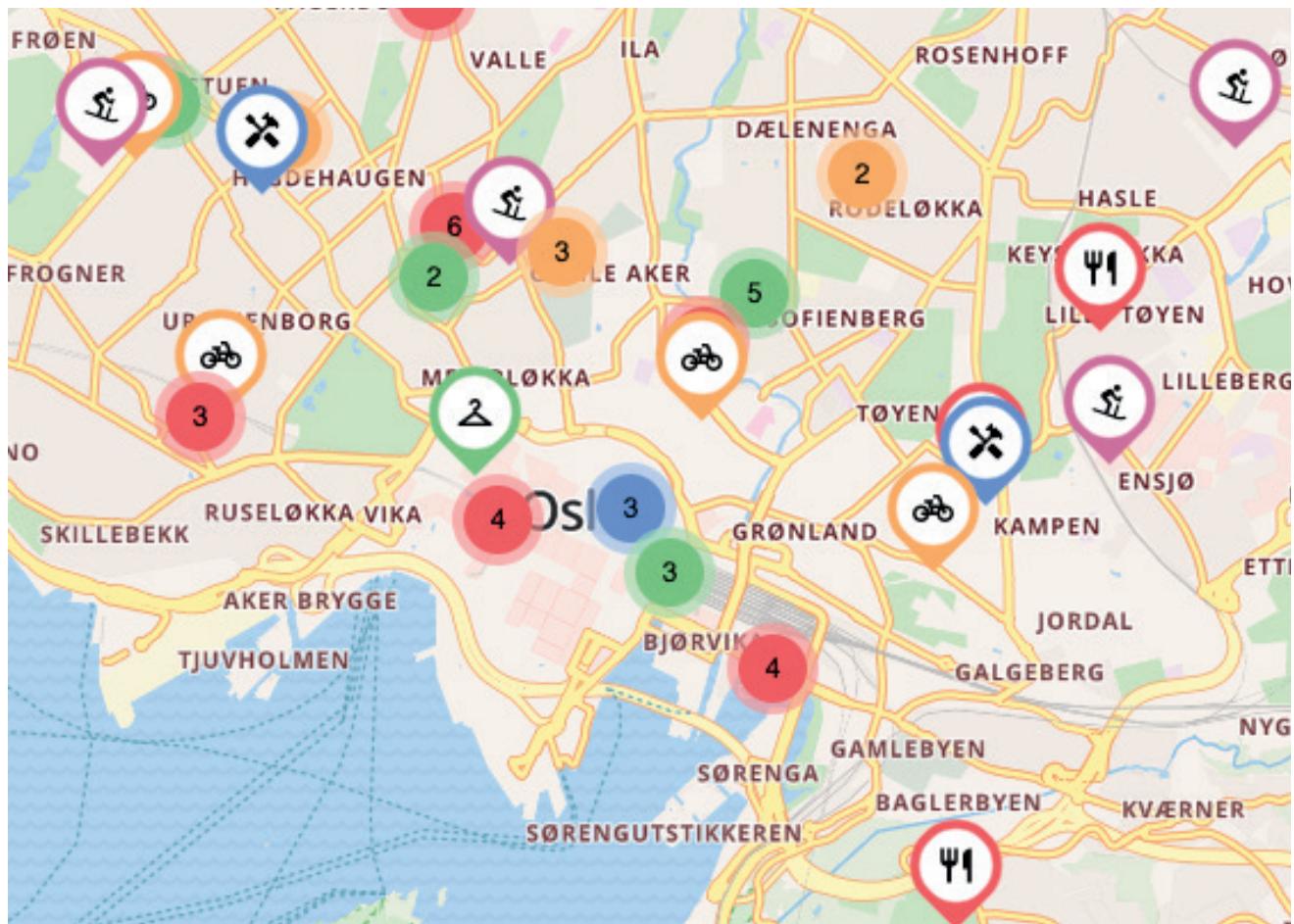
- Silje



Think long-term! It is okay to spend money on something you like, but buy things you know will last for a long time and does not need to be replaced after a short time. To use what you have, in order to buy less, is the best act for the environment.

- Ane

# Sustainable Oslo -guide online



Future in our hands Oslo local team has made a digital version that you can find here:  
[fivh-oslo.github.io/guide](http://fivh-oslo.github.io/guide)

It has even more bicycle repairers and places to rent sports equipment.

The guide you now have in your hands, can also be found online. You find the link on Oslo student chapter's home page: [framtidenoslostudent.com](http://framtidenoslostudent.com).

**ALSO CHECK OUT [FRAMTIDEN.NO](http://FRAMTIDEN.NO)  
FOR MORE SUSTAINABLE TIPS!**

Thank you to Future in our hands Trondheim student chapter for the idea.  
(Check out their city guide at [issuu.com/fivhstudentertrondheim/docs/b\\_rekraftig\\_byguide\\_trykk\\_1\\_](http://issuu.com/fivhstudentertrondheim/docs/b_rekraftig_byguide_trykk_1_))

The text has been written by the sustainable city guide working group. It consists of Signhold B. Opheim, Ellen Hellebust, Isabelle Auby, Elisabeth L. Barlaug, Amanda Malm, Hilde Tveit, Charlie Dina, Malena T. Reese, Vetle Henrik Hvoslef og Dina Hauge. The new version from 2022 is made by Silje Solevåg, Vibeke Kapstad Botilsrud, Signe Stålegård, Senait Kidane, Laura Eleonore Seeger, Eivind Grimstad and Ane H. Olafsrud.

Graphic design by Isabelle Auby (1. edition) and Ane H. Olafsrud (2. edition).

The photos have either been taken by us or they have been sent to us by the company. Photographer is credited where it was desired.

Thank you to the entire student chapter for ideas for places and companies in the sustainable city guide.

**Do you want to join the student chapter? We are always looking for new members, and hope that is you! Search for Framtiden i våre hender Oslo studentlag on Facebook to contact us.**

We know that we have forgotten many places and companies, and we are sorry for that. Regular updates of the city guide will continue to come, and we really appreciate it if you, the users of the city guide, let us know which other places should be included.

Contact us at  
[oslostudent@framtiden.no](mailto:oslostudent@framtiden.no)  
if you have suggestions for the revisions of the city guide.



framtidenoslostudent



FIVHoslostudent



oslostudentlag@framtiden.no

**Framtiden i  
våre hender**  
Oslo  
studentlag