



OSLO

Memory Guide

Where
to live.



WEST OSLO



Layal on Frogner



"A nice place to live if you're a homebody and like quiet areas. It's close to Frognerpark and Bygdøy beach, and the nearby Skøyen train line makes it easy to get to and from the airport."

St-Hanshaugen

quiet district right in the center of Oslo. Pretty apartment blocks and parks overlooking the city. Some nightlife and a few students.

Frogner

old area with big houses, good restaurants, fancy shops and Frognerpark. Beautiful and peaceful, attracting young and old alike. Too calm for some; too expensive for most.

Majorstuen

highly popular area of grand apartments, luxury shopping and extensive transport connections. Its desirability brings a steep price tag.

Aker brygge & Tjuvholmen

slick, modern marina full of bars, restaurants, shops and chic apartments. Busy, touristry and extremely expensive.

Skøyen

quiet new area of town close to the park and beach. Just a 5-minute ride to the centre.

Matt on Sagene



"A beautiful area just 15 minutes from downtown by bus with pretty much everything you need: cafes, parks, gyms and grocery stores (many open on Sundays). Lively without being too noisy."

NORTH OSLO



To stay connected, stay south of Ring 3!

Grefsen-Kjelsås

quiet and pleasant residential areas with good tram connections to central Oslo. Popular with families.

Sagene

popular spot for young families with kids, being quiet but close to the center. Close to the river with good access to most areas.

Torshov

northern extension of Grünerløkka's cool.

Nydalen

very north and very popular with students due to its close location to the Norwegian Business School.

Ullevål-Hageby

another student hotspot, close to the University of Oslo.

EAST OSLO



Liz on Ekeberg



"If you're into disc golf, the course here is pretty cool. There's also a large area with a few soccer fields and a mini golf course, plus a great park with beautiful views of the city."

Gamle Oslo

site covering several smaller areas (including Tøyen and Grønland) with remnants of Oslo's old medieval city. Up-and-coming, vibrant young area with a buzzing street life and truly multicultural feel.

Bjørvika

home to the Opera House and Barcode strip. Its residential area is still undergoing development, but will be extremely central and close to Oslo's main station.

Grünerløkka-Torshov

home to some of Oslo's best restaurants, bars and cafes. A vibrant central area popular with millennials, young families and hipsters. Not for quiet and relaxed living.

Østensjø

Close to nature, quiet and with a lot of families. Ideal if you like skiing, hiking and biking in the woods. Good mix of both ethnic Norwegians and foreigners.



Rent

- **Room in shared apartment** 5000-8000 kr/month
- **Studio apartment:** 9000-11000 kr/month
- **1-bed apartment:** 11000-15000 kr/month

Rent does usually include all utilities, except for electricity (300-1000 kr/month) and internet (500-1000 kr/month).



Deposits

Deposits are usually three months' rent on top of your first month of rent.

All deposits in Norway are managed by a third party account, so you and your landlord are both safe!

Pay your deposit

Go in-person with your passport to the bank chosen by your landlord to make your payment.

Get your deposit back

Your deposit will be paid back to you shortly after you move out (as long as you haven't trashed the place).



Making an offer

The Oslo renting market is pretty competitive, so you don't have much room to negotiate on the rent.

As a foreigner, you'll likely need to **provide a reference** from your employer confirming you can foot the rent.



Contracts

Most contracts have a 3 month notice period, but some landlords might try to lock you in for longer. Check with a colleague if you suspect they're trying their luck!



Payment

You need a permanent address to open a Norwegian bank account, so you'll likely use an existing account back home to pay your deposit and first rent.

This is super simple – **just get of your IBAN number.**



Resources

Norway's main websites for finding apartments and booking viewings are:

Finn.no

Hybel.no

Leie-bolig.no

They are all in Norwegian, but Google Translate does a pretty good job making sense of them.

If you're into Facebook, people also regularly post new available rooms and apartments on these pages:

Oslo apartments for rent

Rent in Oslo

Oslo roommates for apartments

Rooms/apartments for rent in Oslo