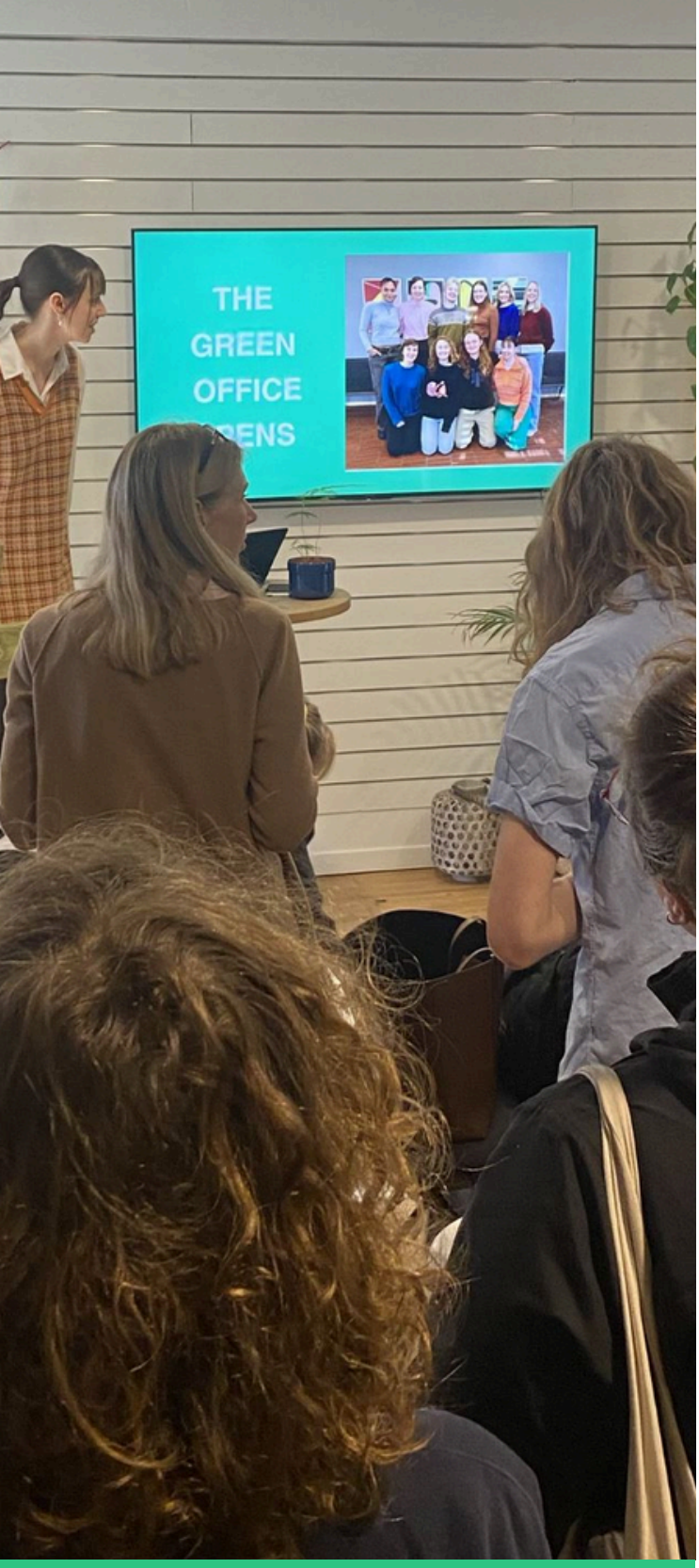
THE GREEN OFFICE

GREENOFFICE@UIO.NO

GREEN STUDENT GUIDE

THE UNIVERSITY OF OSLO
STUDENT DRIVEN GREEN OFFICE





WHO ARE WE?

Located at the heart of UiO's main campus, the Green Office serves as a **central hub for sustainability**, connecting students, staff, and local green actors. The Green Office is open on weekdays from 10:00 to 14:00 for anyone to drop by to share ideas, peruse the Free Shop, plan green events, or just enjoy a cup of tea or coffee. The office is also available for use outside of opening hours to host events, meetings, workshops, and other activities.

A core objective of the office is to help strengthen existing sustainable efforts at UiO, and contribute to making the university reach the goals outlined in the Comprehensive Climate and Environment Strategy.

IN OUR GREEN STUDENT GUIDE YOU WILL FIND:

- TIPS ON WHERE TO FIND THE THINGS YOU MIGHT NEED FOR YOUR TIME IN OSLO
- IDEAS FOR MAKING YOUR START TO THE SEMESTER MORE FRIENDLY FOR THE ENVIRONMENT AND YOUR WALLET
- POSSIBILITIES FOR ENGAGEMENT IN THE FIELD OF SUSTAINABILITY

THINGS TO GET

When you are new in a city and starting a new chapter of your life there are a million things you might need or want to get. Here are some of our best tips and tricks how to help make this transition easier on both the environment and your wallet.

SHOP SECONDHAND FIRST:

- There are lots of **secondhand stores** in Oslo. They sell everything from clothes to dishware, cooking utensils, furniture and more. Check out our **map** for an overview of some of our favorite spots! If you are looking for **homewares**, good spots to check out are the Charity shops like **Fretex**, **M&E Second Hand** and **Normisjon**. In general you will find smaller items in both the inner city and the locations outside of the city center. Larger items such as furniture as well as more choice is usually offered in the larger locations outside of the city center.
- Secondhand shopping can also be done online. **Tise** is the Norwegian go to for secondhand clothing and on **Finn** you can find almost anything. While Tise and Finn both contain buy directly features in their apps, where you can pay with Credit Cards or Vipps must furniture items on Finn need to be picked up and paid directly. People here do usually use Vipps to pay for these items, however if you explain that you currently don't have Vipps (you need a Norwegian phone number) most people will be open to figuring out a different way of payment.

HOT TIP: LOOK OUT FOR ITEMS MARKED AS "GIS BORT" ON FINN. THIS MEANS THE ITEM IS FREE. YOU JUST NEED TO BE FAST TO SEND THE SELLER A MESSAGE AND BE READY TO PICK UP THE ITEM AS SOON AS POSSIBLE IF THE SELLER TELLS YOU THAT IT IS STILL AVAILABLE. WHILE IT REQUIRES A BIT OF STRENGTH YOU CAN TOTALLY TRANSPORT FURNITURE ON PUBLIC TRANSPORT. WE RECOMMEND FINDING A FRIEND TO HELP AND AVOIDING RUSH HOUR.





REUSE FOR FREE:

- It possible to acquire used clothing and items for free. At SiOs own thrift shops at the student villages at Kringsjå and Song Studentby, called **Brukthjørnet**, you can both pick up items for free and deliver items you need to get rid of.
- At various locations in Oslo you can also find **municipal reuse stations**, the larger stations are for recycling and reuse, while the smaller ones are for reuse only.

BORROW DON'T BUY:

- Norway is a great place for **outdoor activities**, hiking, camping, and various wintersports are a cultural must. You can borrow camping gear, ski and much more at **BUA** and the **SIO Athletica gym.**
- If you need **tools** etc. stop by the **main library** at Campus Blindern first. They have a tool lending library and many other useful things that you can borrow and bring back just like a book.
- Also feel free to stop by the **Green Office** if you are unsure of how to navigate the moving in period or any needs in a more sustainable manner.

REPAIR YOUR BROKEN ITEMS:

- We organize **Repair Cafés** the first Friday of every month at the Green Office from 12-14, open to students who need help repairing their clothes and items.





SUSTAINABLE FOOD

Focusing on **plant-based and regional** food dramatically decreases the carbon emissions from food. Due to its protectionist policies norwegian grocery stores tend to rely heaviliy on local suppliers.

Norway, however, isn't necessarily the most vegan/ vegetarian friendly place. To make the start a bit easier we have listed some vegetarian/ vegan friendly places in a **map**.

- **Restaurants**
  - At **Mela Cafe** you can eat meze for a reasonable price, which mostly consists of vegetarian dishes for sharing.
  - **King Falafel, Gaza Kjøkken** and **Jamals Falafel** are all situated in the city center of Oslo. According to reliable sources these places serve Oslo's best falafel.
  - At Grønland **Chaiwala, Punjab Tandoori** and **Lahorl Dera** are some restaurants with several vegetarian options affordable for students.

- **Cafes**
  - **Papegøye** at Tøyen is a cafe with a sustainable vision. They serve coffee drinks with oat milk and vegan sandwiches, cakes and snacks.
  - **Grød** is located at Grunerløkka and serve varieties of oatmeal, a typical breakfast dish in the Nordic countries which is vegan friendly.
  - **Evita Espressobar** is an independet and cosy cafe in Oslos city centre and serves espresso based drinks, sandcwiches, cakes and pastry - with vegan options

- **Vegan restaurants**
  - **Nordvegan** is a vegan eatery located close to **Tullinløkka**, with a vision to promote both health and sustainability with a with a variety of vegetarian and vegan options.
  - **EatHappy Vegan** is a plant-based restaurant at **Rosenhoff**
  - **Cultivate Food** is a plant-based eatery with a focus on health, climate and animals that uses organic ingredients and disposable packaging made from plants. Located at Grunerløkka.

The vegetarian option at SIO canteens (grønn buffet) is not only less expensive than the regular buffet but also more sustainable. Try making use of the actual dishes and bring them back to the canteen rather than using single use items. You can use reusable to-go-containers that can be lent for a deposit and returned later.

Food waste is a huge problem in Norway. The app **To Good To Go** can help you save food from getting thrown away and save you some money at the same time. On the app both restaurants as well as grocery stores let you get surprise-bags of food at heavily discounted prices. You just pick up your prepaid bag of food in the allotted time window. Sadly, this option is not very vegan/ vegetarian friendly as you rarely know what the exact content of the bag will be. We recommend finding a friend who is an omnivore to split the surprise bags with if you have dietary restrictions.



AS A STUDENT WITH A STUDENT ID APP YOU CAN GET A DISCOUNTED 30 DAY TICKET FOR 537 NOK.

YOU CAN ALSO ACCESS CITY BIKES FOR A PERIOD OF AN ENTIRE YEAR AT THE PRICE OF 599 NOK.

GO EXPLORING:

Oslo truly is a **walkable city**. Most sights are easy to visit if you are wearing comfortable shoes. However, if you want to save your legs a workout or you want to move around the city faster, **public transport** will get you to most places. The city has a metro (t-bane), small street trains (tram), and buses. There is a user-friendly app called **Ruter** which you can buy your ticket in and get a route recommendation.

It is also possible to use **city bikes** to get around in Oslo. By downloading the **Oslo bysykkel** app you can access bikes in a wide variety of locations. It's both an easy and sustainable way to travel and explore the city.

The **trains and buses** also take you quite far out of the inner city making it easy to reach hiking trails and the beautiful Norwegian mountains without having to rent a car. A good spot to start for unexperienced hikers are the trails around Songsvann. The **AllTrails** can help you plan your hiking trips as well.

GET ACTIVE:

The **Green Office** is a hub for sustainability at UiO. Our job is to help the university achieve its sustainability and climate goals. On our **website** you can always find interesting events around all areas of sustainability. If you want to get involved but don't know where to start stop by the green office on campus where we can help you connect with initiatives centered around sustainability issues such as biodiversity, climate change and human rights.

Include sustainability in your day-to-day university life by checking out **your faculty's sustainability classes**. Most offer electives centered around sustainability and related issues. If you aren't sure where to start feel free to stop by the office and we will do our best to help you navigate the jungle of offers.



GREEN GRANTS:

If you or your friends and colleagues at the university have **project-ideas** centered around sustainability reach out to us at the office. We can not only help connect you to relevant people at the university. You also have the option to apply for the so-called **green grant** and get seed funding for your project.



THE CURRENT GREEN OFFICE TEAM

COME AND CONNECT WITH US!

The Green Office is open on weekdays from 10:00 to 14:00 please feel free to come and visit us and check out the free corner!

Stay updated on our website, in our facebook group, subscribe to our newsletter or reach out to us via email: greenoffice@uio.no