
SiO

This is SiO

Created
in **1939**



75 000 +
students
in SiO



Welfare organisation
at **28 educational**
institutions in Oslo.





The semester fee
helps to fund our
services for you

Students decide!

- Students have a majority on SiO's board
- The chairman is a student
- Elected by Velferdstinget



Our services and offers for YOU

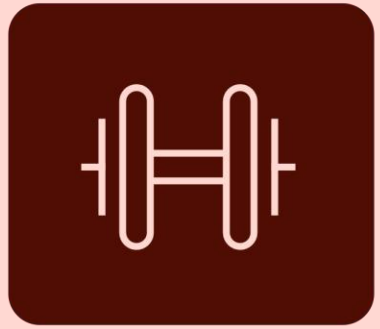
SiO Athletica

- Student prices from NOK 270 per month
- August offer: Train for just NOK 49 until October
- Six centers with group training, courses, equipment rentals, PTs
- Located near study locations

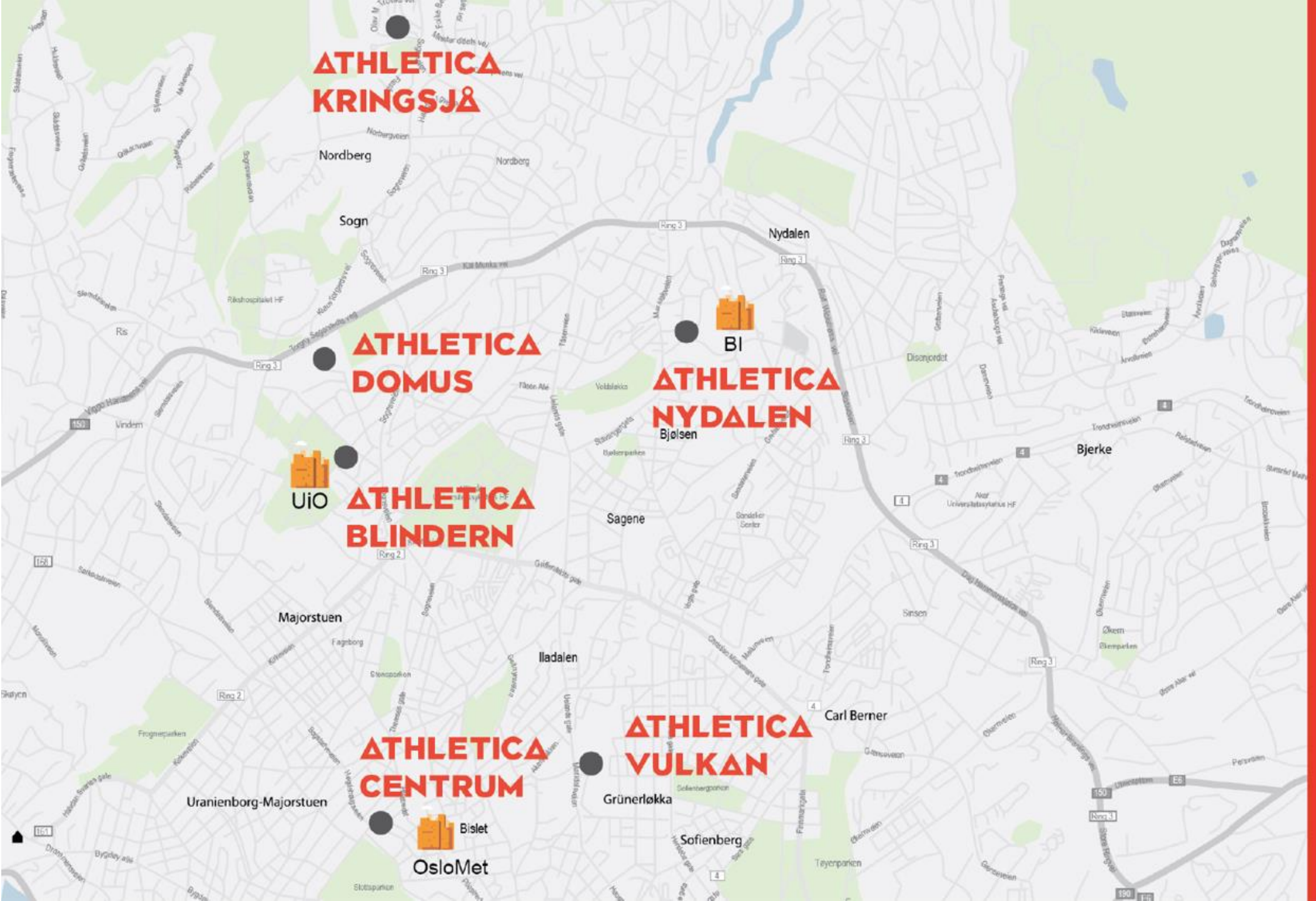












6 LOKASJONER

- EN VERDEN AV MULIGHETER

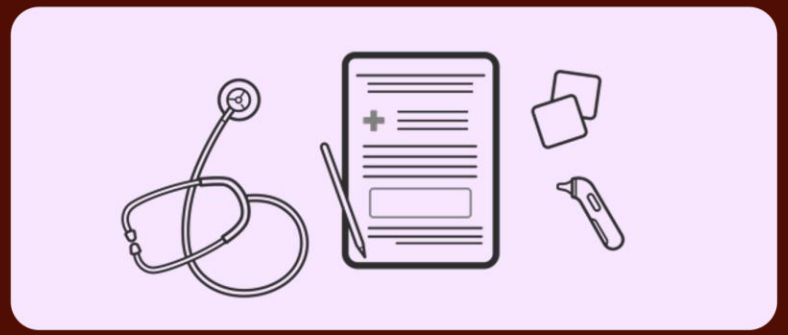
SiO Healthcare

- Easily change your GP on Helsenorge
- Reimbursement scheme for amounts over NOK 490
- Switch back to your previous GP within three years*
- Dentists, digital self-help tools, free courses and more












Nydalen
Blindern
2
Sentrum
VINDEREN
BLINDERN
ULLEVÅL
SANDAKER
DISEN
BYDEL SAGENE
TORSHOV
SINSEN
ILA
ST. HANSHAUGEN
LØREN
MAJORSTUEN
GRÜNERLØKKA
URANIENBORG
SOFIENBERG
FROGNER
HELSFYR
TØYEN
Oslo
SENTRUM
KAMPEN
GRØNLAND
AKER BRYGGE
ETTERSTAD

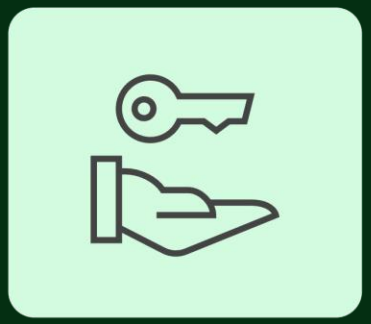
SiO Housing

- 23 student housing locations in Oslo and Lillestrøm
- More affordable than Oslo’s rental market
- Availability from January through spring











SiO Food and beverage

- Over 30 restaurants and cafès
- Cheaper green buffet
- Coffee deal 15,- for refills
- Student-friendly prices









SiO Kindergarten

- 11 kindergartens with over 500 children
- Located near campus or student villages
- Student-specific benefits
- Rolling admission up to 8 months in advance











SiO Associations

- Over 450 student associations in Oslo
- Courses and training in association management
- Association Day Kristiania – August 12
- Student Society Days at OsloMet – August 13
- Student Society Days at UiO – August 24



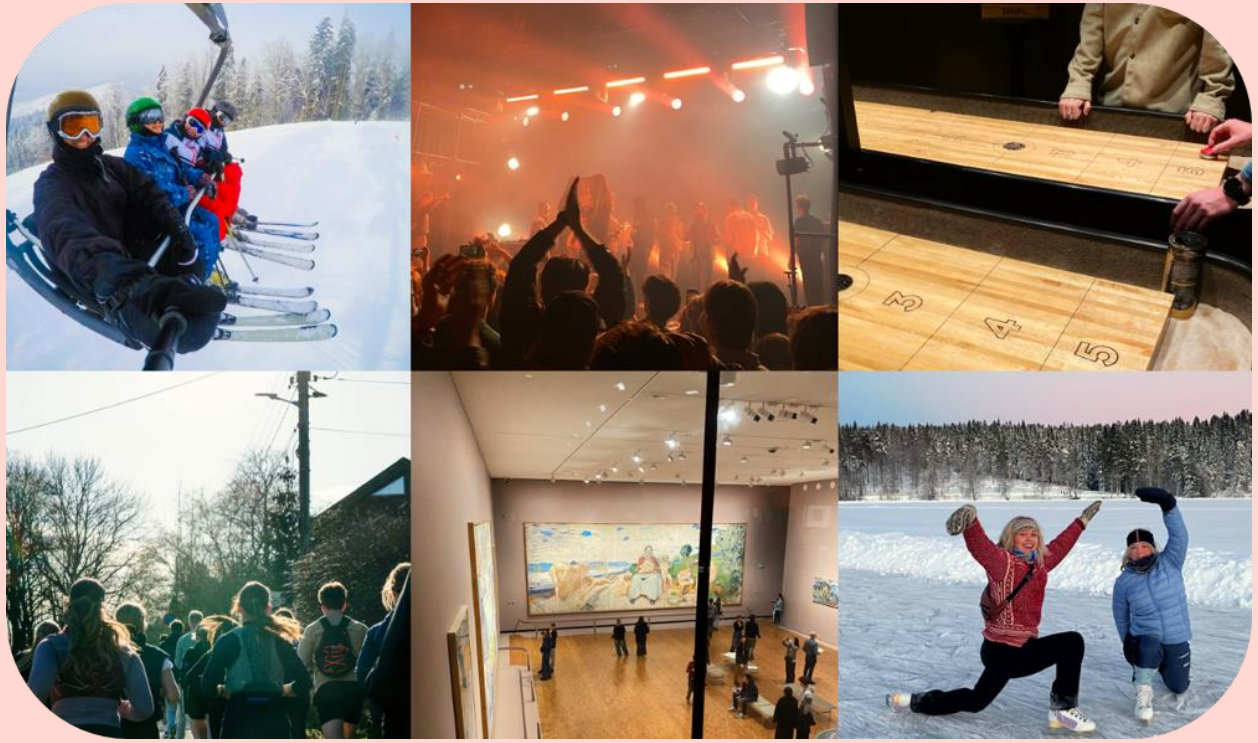


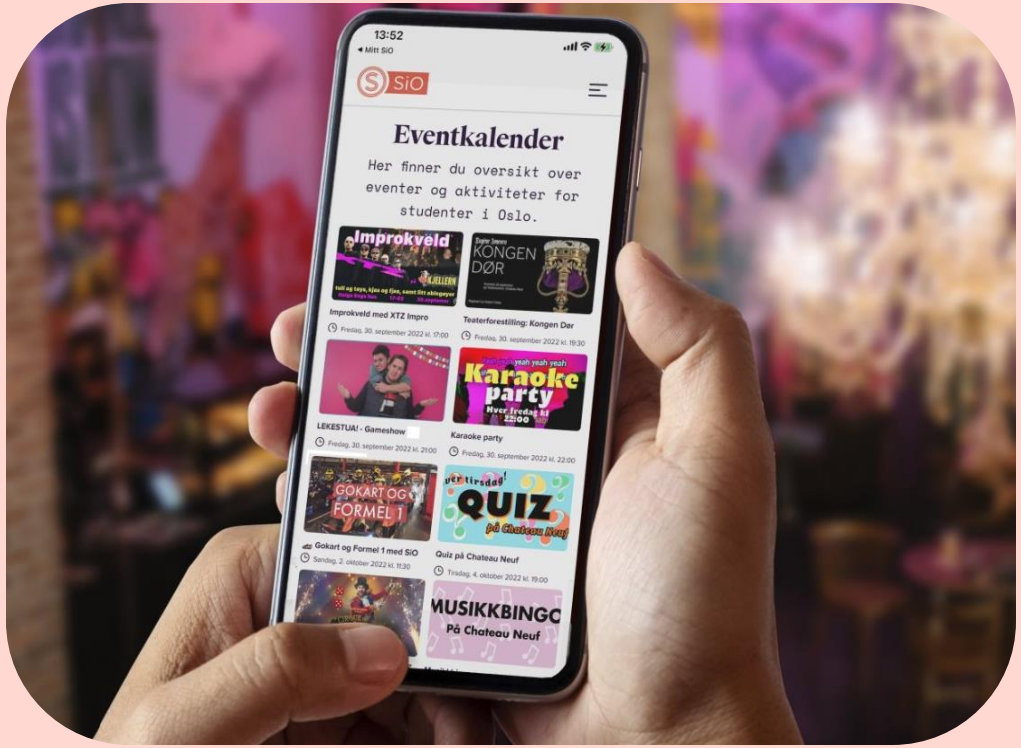




Eventcalendar: sio.no/eventkalender

- Get an overview of all the cool things happening for students in Oslo!
- Free entry or discounted prices for students.





Follow us!

@siostudentliv on
Instagram, TikTok and Facebook!

Competitions, student content, and updates on student offers from SiO.



Questions?

SiO is yours – use it!

Check out sio.no