

IOI WORKSHOP FOR NATIONAL PREVENTIVE MECHANISMS

9 – 11 February 2026 | Oslo, Norway

PRACTICAL INFORMATION

VENUE

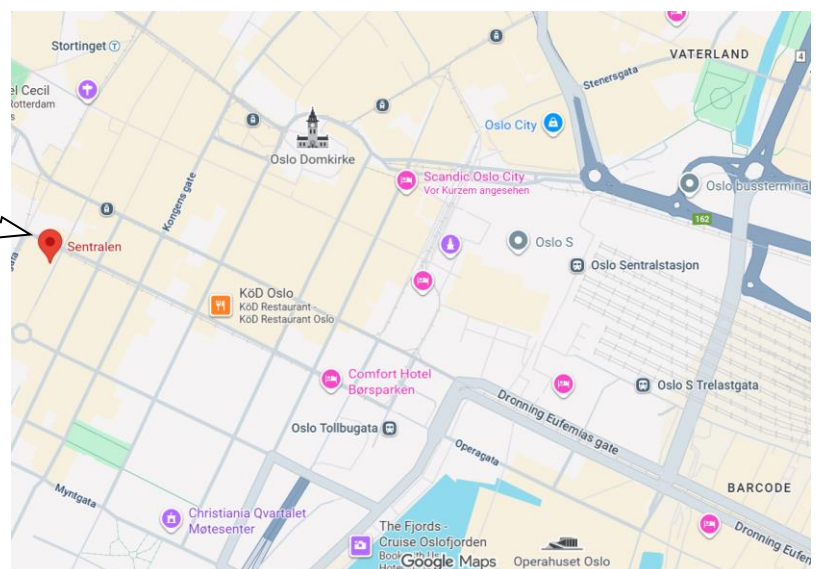
The venue of this training is *Sentralen*, which is located in Oslo city centre and right next to the main office of the Ombudsman institution. *Sentralen* was once home to the historic Christianian Sparebank and is now a vibrant cultural and event hub, which combines heritage architecture with modern facilities.

The venue can easily be reached on foot from Oslo S (Central Station), by tram, or by metro. There are also stops located a bit closer to the venue called “Stortinget” and “Wessels plass”.

The NPM workshop will take place in Produksjonsrom 1, which is located on the 4th floor.

Location: Sentralen, Øvre Slottsgate 3, 0157 Oslo

Website: www.sentralen.no

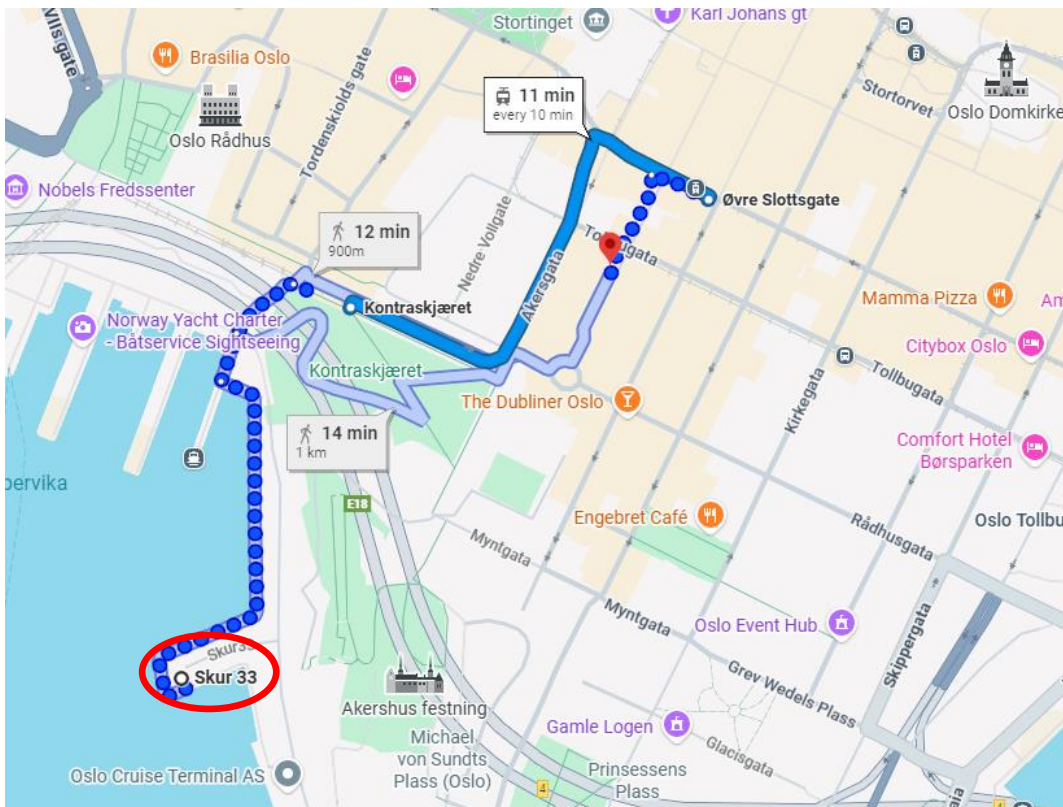


MEALS & DINNER

The Office of the Norwegian Parliamentary Ombud will organize coffee breaks and lunches on all three days of the workshop.

Furthermore, our host will generously invite all participants to an **official dinner** on 10 February 2026 at Skur 33, which is located at the seaside close to venue. [Skur 33 | Et sted ved sjøen midt i sentrum](#)

Participants may choose from **three menu options**: meat, fish, or vegetarian. The choice of menu and any **allergies** or **dietary restrictions**, must be indicated in your registration form.



ACCOMMODATION

Oslo offers a wide range of hotels within walking distance of *Sentralen*, the conference venue. The city centre is compact and easy to navigate — if you stay anywhere in central Oslo, you'll likely be within 10–15 minutes on foot of the venue.

Participants are asked to **make their own reservation directly with the hotel of their choice**. In order to facilitate your hotel bookings, our host has identified a few hotel options of different price ranges that are close to the venue (see also map at the end of this document):

- **Thon Hotel Rosenkrantz Oslo**

Modern and comfortable hotel, close to Karl Johans gate

Price range: approx. **NOK 1,800 - 2,200 (EUR 155 - 190)** per night

Website: <https://www.thonhotels.com/our-hotels/norway/oslo/>

- **Amerikalinjen**

Stylish and centrally located by Oslo Central Station

Price range: approx. **NOK 2,500 – 3,000 (EUR 215 - 260)** per night

Website: <https://amerikalinjen.com/>

- **Comfort Hotel™ Børsparken**

Smart, modern, and great value. Located just a 3-minute walk from *Sentralen* and Oslo S

Price range: approx. **NOK 1,300 – 1,800 (EUR 110 - 155)** per night

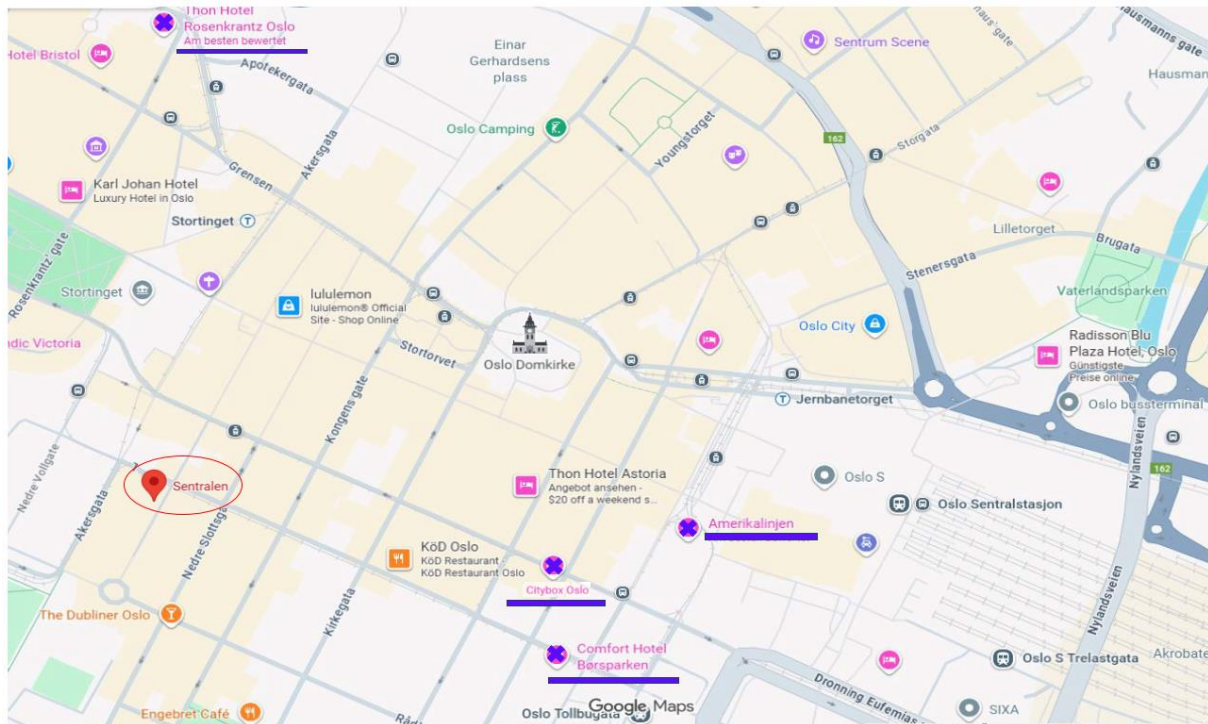
Website: <https://www.strawberry.no/hotell/norge/oslo/comfort-hotel-borsparken/>

- **Citybox Oslo**

Simple, modern, and budget-friendly

Price range: approx. **NOK 1,000 – 1,400 (EUR 85 - 120)** per night

Website: <https://cityboxhotels.com/hotels/oslo/citybox-oslo>



AIRPORT TRANSFER

Oslo Airport (OSL, Gardermoen) is about 50 km (31 miles) north of Oslo and it takes 20 - 40 minutes to go from the airport to the city centre depending on the transport option, which are the following:

Airport Express Train (Flytoget)

Time: approx. 20 minutes to Oslo Central Station (Oslo S)
Cost: approx. NOK 258 (EUR 23) one way
Frequency: every 10 – 20 minutes
Website: <https://flytoget.no/en/>

Regional Train (Vy)

Time: approx. 23 – 25 minutes
Cost: approx. NOK 120 (EUR 10)
Frequency: every 30 minutes
Website: www.vy.no

Airport Bus (Flybussen)

Time: approx. 45 – 60 minutes (depending on traffic)
Cost: approx. NOK 260 (EUR 23)
Website: <https://flybussen.no/en>

Taxi

Time: approx. 40 – 50 minutes (depending on traffic)
Cost: approx. NOK 700 – 1000 (EUR 60 – 90)
Tip: ask for a fixed airport fare before departure

GETTING AROUND OSLO

Oslo has an excellent and reliable public transport system operated by **Ruter** and covering metro (T-Bane), trams, buses, and ferries. It is an app that may be downloaded on your phone.

Tickets: Tickets are valid across all types of transport and can be purchased through the *Ruter* app (recommended), at ticket machines, or in some convenience stores (e.g. Narvesen, 7-Eleven). You can choose single tickets, 24-hour, or 7-day passes.

Zones: Most participants will only need tickets for Zone 1, which covers all of central Oslo, including the conference venue and most hotels.

Navigation: The *Ruter* app provides real-time schedules, route planning, and maps — perfect for finding the fastest way to and from your hotel, the venue, or sightseeing locations.

VISA REQUIREMENTS

Information about visa requirements can be found in homepage of the Ministry of Foreign Affairs of Norway: [Visit Norway without a visa - UDI](#)

Norway is part of the Schengen Area, which allows visa-free travel for citizens of most European countries and many others.

Participants should ensure they have a valid passport or national ID card (for EU/EEA citizens) that is valid for the duration of their stay.

- **No visa needed:** Citizens of the EU/EEA, UK, USA, Canada, Australia, New Zealand, and several other countries can enter Norway without a visa for up to 90 days within a 180-day period.
- **Visa required:** Citizens of countries outside the visa-free list must apply for a Schengen short-stay visa (C-visa) before travelling.
 - Applications are submitted through Norwegian embassies or consulates or via VFS Global.
 - Standard requirements include: valid passport, travel insurance, flight booking, accommodation confirmation, and an invitation letter (if relevant).
 - Processing time is typically 15 calendar days, but participants should **apply at least one month before travel**.

OTHER RELEVANT INFORMATION

Weather:	In February, temperatures in Oslo range between -7°C and 0°C (19°F to 32°F). It is cold, often snowy and wet, with short daylight hours (sunrise around 8:30 AM, sunset around 4:30 PM). It is recommended to pack warm winter clothing, i.e. coats, gloves, hats, and scarfs. Waterproof boots are also essential. Layers are recommended, as indoor spaces are well heated.
Language:	Norwegian is the official language, but almost everyone speaks excellent English, especially in hotels, restaurants, and public transport.
Currency:	The local currency is Norwegian Krone (NOK). Most places accept credit/debit cards, and cash is rarely needed.
Time zone:	Oslo is in the Central European Time (CET) zone (UTC + 1), and Central European Summer Time (CEST) in summer (UTC + 2).
Electrical outlets:	Standard European two-pin plugs (Type C / F, 230 V). Make sure to bring an adapter if needed.
Tippling:	Service charges are included in prices. Rounding up the bill or leaving 5–10% in restaurants is appreciated but not expected.
Safety:	Oslo is generally very safe, including in the city centre and at night. Normal urban awareness is sufficient.
Emergency numbers:	Police: 112 / Ambulance: 113 / Fire: 110

SPARE-TIME ACTIVITIES IN OSLO

Whether you plan to arrive a day early, stay a little longer, or explore after the conference sessions, Oslo offers plenty to see and do — all within easy reach of the city centre. Most attractions are walkable from *Sentralen* or a short tram or bus ride away.

Culture & Sightseeing

Akershus Fortress (Akershus festning) – A medieval castle and fortress overlooking the Oslofjord, just a few minutes' walk from Sentralen. Open year-round and ideal for a short stroll with views of the harbour and City Hall.

MUNCH Museum (Bjørnvika) – A striking modern building by the waterfront dedicated to Edvard Munch. Several versions of The Scream are displayed here.

The **National Museum** (Nasjonalmuseet) – Scandinavia's largest art museum, showcasing Norwegian and international art, design, and architecture — including one version of The Scream.

Vigeland Sculpture Park – Norway's most famous sculpture park, featuring over 200 works by Gustav Vigeland. Open year-round and a highlight of Oslo's art scene.

Oslo Opera House – Iconic modern architecture where you can walk up the roof for panoramic fjord views, even in winter.

Museum Visits & Daytime Excursions

Visit the Bygdøy Peninsula using Bus 30, which runs year-round from the city centre to see:

- Kon-Tiki Museum – Thor Heyerdahl's raft and South Pacific expeditions
- Fram Museum – Polar exploration and Arctic history
- Norwegian Museum of Cultural History (Folkemuseet) – Open-air museum with historic buildings and exhibitions

Relax & Enjoy

Aker Brygge & Tjuvholmen – Waterfront areas with cafés, galleries, and sea views.

Oslofjord saunas – Try a floating sauna near the Opera House — a true local winter experience!

Grünerløkka – A lively neighbourhood for evening walks, small bars, and independent shops.

If You're Staying Longer

Visit **Holmenkollen** for ski jumping, panoramic winter views, and the Ski Museum. You can reach it easily by metro (T-Bane Line 1) from the city centre. The ride itself offers beautiful views as you climb up the hills surrounding Oslo.

Continue a little further to **Tryvann** (Oslo Winter Park) for downhill skiing or snowboarding (40 minutes from the city centre). Equipment can be rented on site. Both beginner and experienced skiers will find suitable slopes.

Take a winter **fjord sightseeing** cruise (available on weekends).

Neighbourhood areas, such as Kvadraturen, Karl Johans gate, Aker Brygge, and Grünerløkka, are all convenient and lively places to stay.