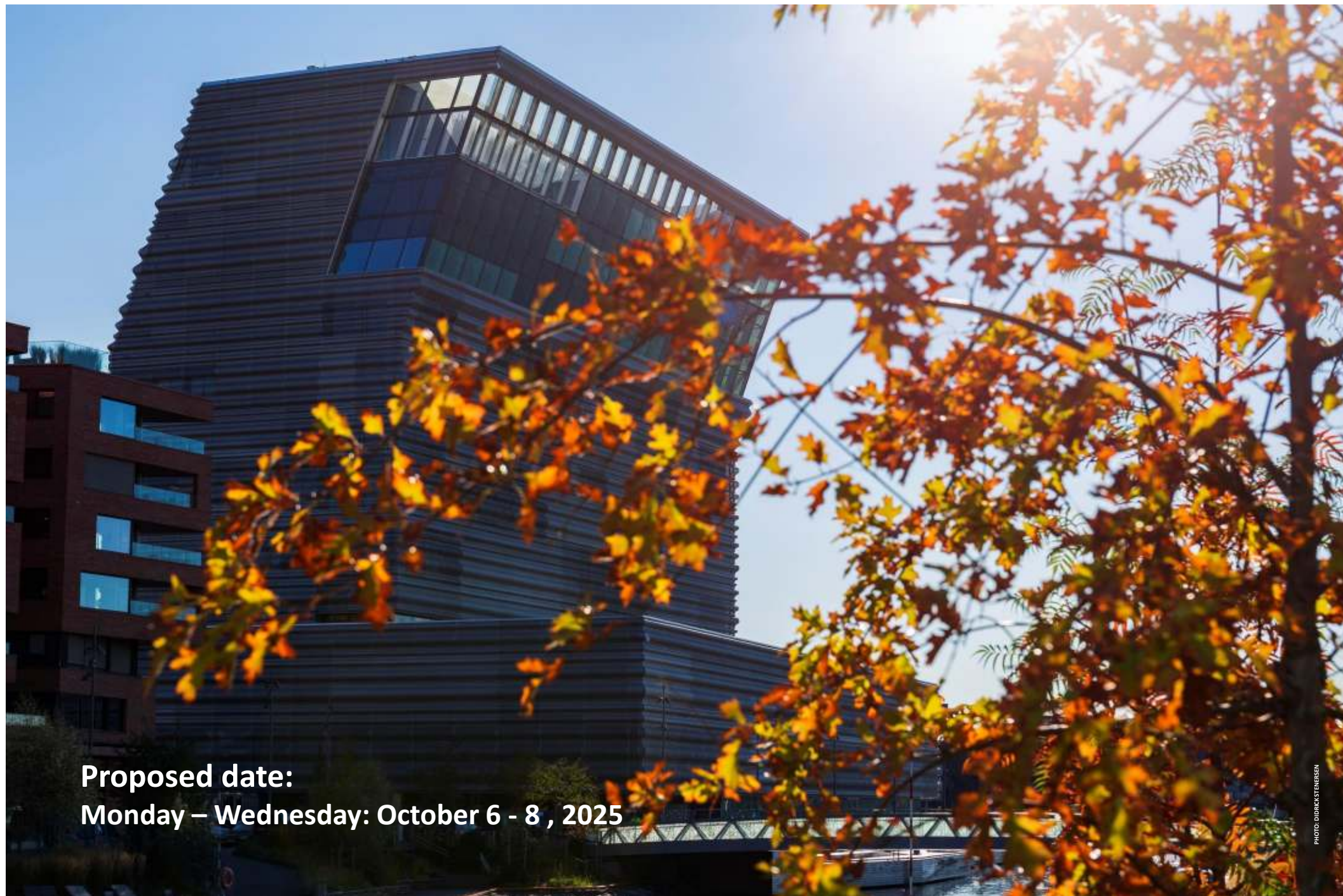


IFSW European Conference 2025

International Federation of Social Workers European Region

WELCOME TO
OSLO



**Proposed date:
Monday – Wednesday: October 6 - 8 , 2025**

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Candidacy supported by



CONVENTION BUREAU

THE NORWEGIAN UNION OF SOCIAL EDUCATORS AND SOCIAL WORKERS - Fellesorganisasjonen (FO) -

The logo for Fellesorganisasjonen (FO) is displayed in a white box. It consists of the letters 'FO' in a bold, red, sans-serif font.



FO is a voluntary professional association and a trade union with about 33 000 members.

The Association recruits Social Workers, Child Care Workers, Social Educators and Welfare Officers. Members of these professions have at least post-graduate education at bachelor level. The union also accepts students to the professions as members.

FO was formed in November 1992 as a fusion of separate associations/unions.

Most of the members of FO work in the public sector. Of these, the majority are employed by the municipalities; in Social Services, Child Care, Rehabilitation and Home-based Care. Also, a significant number of members are state employees, working in Hospitals, Psychiatric institutions, Child Care Institutions etc. FO also has a growing number of members in private institutions and NGOs.

Being both a Professional Association and a Trade Union, our activities varies from wage negotiations and work-place activities, via lobbying on matters concerning Social policy, to activities to promote professional Social Work and Social Education



HOSTING COMMITTEE & ORGANISATIONAL ROLES

HOSTING COMMITTEE & PROGRAM COMMITTEE

The local hosting committee will be the presidency of FO. The presidency now (2019-2023):

- Mimmi Kvisvik, President
- Marianne Solberg, Vice President
- Hanne Glemmestad, member of the presidency, leader of the board for Social Workers
- Ole Henrik Kråkenes, member of the presidency, leader of the board for Child Care Workers
- Marit Isaksen, member of the presidency, leader of the board for Social Educators

The program committee will consist of selected members of FO, and we hope to work together with the local bodies of ICSW and IASSW. We also hope to work close together with the executive of IFSW Europe.



PROPOSED THEME

THE THEME OF THE CONFERENCE

FO is concerned about climate-change, the UNs sustainability goals and the large community of Norway's indigenous people. We would therefor like the theme of the conference to be social work related to

- **green social work**
- **climate change**
- **UNs sustainability goals**
- and **indigenous peoples' perspectives**

This co-relates to the Global Agenda's overall theme that is "Co-building Inclusive Social Transformation".

Being both a professional association and a trade union, we also want to lift this perspective into the conference. That is also the reason why we have selected Oslo Congress Centre as our venue. The Congress Centre has been a part of the Norwegian Trade Unions history since 1885 and is partly owned by the Norwegian Confederation of Trade Unions (LO), of which FO is a member.

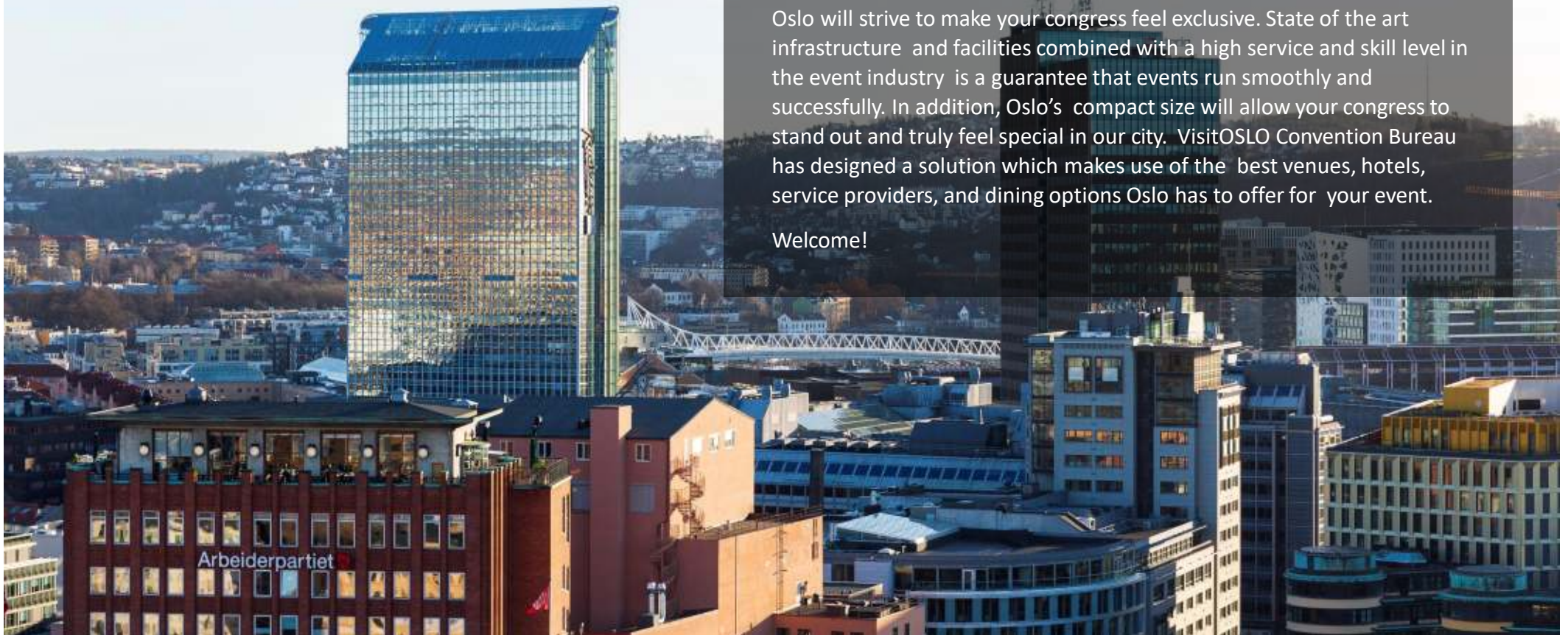
WELCOME TO OSLO

Different people coming together to accomplish a common goal has always been a driving force for the city of Oslo. A thousand years of history have turned a humble Viking trading village into a dynamic, cosmopolitan hub with a strong economy, spectacular architecture, thriving new neighborhoods and an unmistakably Norwegian identity.

Nestled between a fjord and forested hills, Oslo is a city of contrasts where lush nature and nearly 700 000 inhabitants coexist harmoniously and where tradition is an inspiration for tomorrow's innovation.

Oslo will strive to make your congress feel exclusive. State of the art infrastructure and facilities combined with a high service and skill level in the event industry is a guarantee that events run smoothly and successfully. In addition, Oslo's compact size will allow your congress to stand out and truly feel special in our city. VisitOSLO Convention Bureau has designed a solution which makes use of the best venues, hotels, service providers, and dining options Oslo has to offer for your event.

Welcome!



OSLO – A GREEN AND SUSTAINABLE CITY

Oslo strives to be a **pioneer in sustainable development**. While many cities today claim to address issues related to the environmental costs from economic activities, few do so as effectively as Oslo.

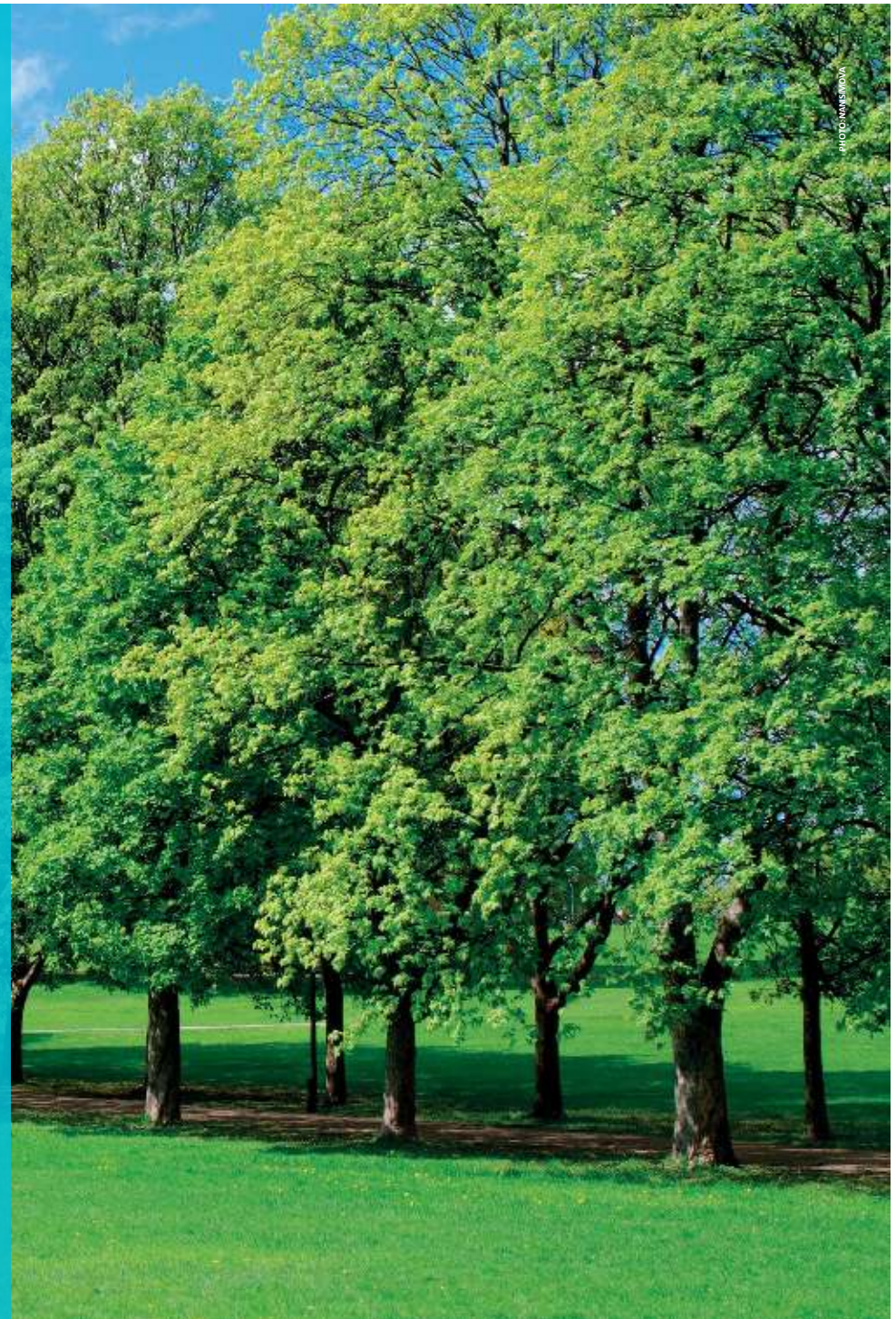
Oslo has implemented some of the most effective environmental measures in Europe, including an **annual climate budget** which requires the authorities to budget for carbon emissions in a similar manner to its finances. The city has pledged to become a carbon neutral city by 2030.

These efforts and ambitions have been acknowledged by various independent organisations. Oslo was for example awarded the title **European Green Capital 2019**. The city is clean, safe and authentic.

Over **80% of hotels and venues in Oslo are labelled or certified**. The most common certification is the Eco-Lighthouse (Miljøfyrtårn), placing demands on energy use, waste disposal, transportation, procurement and work environment, and requires re-certification every third year. The city is compact and walkable, with electric transportation widely available. A great selection of local and plant-based food is available.

Oslo is a part of the **Global Destination Sustainability (GDS) Movement**; a collaborative network of destinations striving for long-lasting regeneration of our sector, enabling us to drive progress in the sustainable development of Oslo by engaging industry stakeholders, local community, and government.

Oslo Convention Bureau strives to ensure that principles of **sustainability is addressed in every stage of your visit** to Oslo, from arrival to departure.



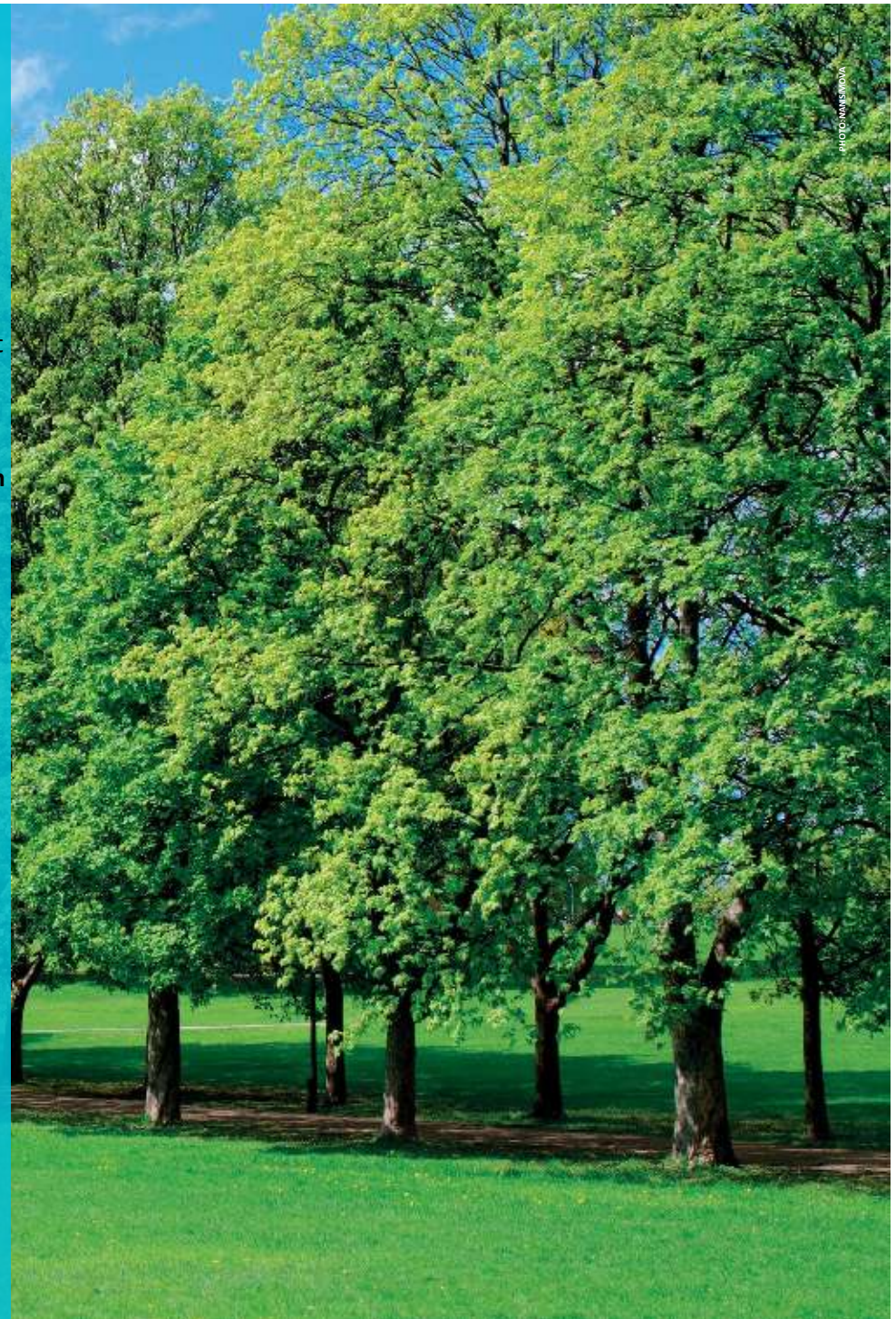
OSLO – GREEN FACTS

- Oslo was named the **European Green Capital 2019**
- OSLO Airport has been a **Carbon Accredited Airport (ACA)** since 2009
- Since 2020, **public transport in the capital region only use renewable energy**, most of which is electric
- By 2030 **greenhouse gas emissions in Oslo will be reduced by 95%** in 2030 compared with 2009 levels. In 2023 it will be reduced by 52%
- 95 % of the hotel rooms in Oslo holds an active 3rd party **sustainability certification**
- **City rental bikes** are available at approx. 249 stations
- Oslo has more than **200 km of cycle paths**
- **Food waste reduction** programme for the restaurants [with great success](#)
- **The tap water** in Oslo is of high quality and is safe to drink

TRANSPORTATION – OSLO'S AMBITIOUS CLIMATE ACTIONS

- Walking, cycling and public transport will be the **preferred modes of travel** in Oslo.
- **Vehicle traffic will be reduced by 20%** by 2023 and by 1/3 by 2030 compared with 2015 levels
- All **private cars on Oslo's roads will be emission-free** in 2030.
- As one of the first cities in the world, all **public transport will be emission-free** by 2028.
- All heavy transport in Oslo will be **emission-free or use sustainable renewable fuel** by 2030. All vans will be emission-free.
- Almost all port operations and **traffice on the fjord will be emission-free** by 2030.

Source: Climate strategy for Oslo towards 2030 by Oslo Municipality





SPRING

Average temperatures: 4,5
to 10,8°C
40 to 51° F

Min.temperature:
-2,4°C
28°F

Max. temperature:
25,2°C
77°F

SUMMER

Average temperatures: 15,2
to 16,4°C
59°F to 61°F

Min.temperature:
6,1°C
43°F

Max. temperature:
30,5°C
87°F

AUTUMN

Average temperatures: 6,3
to 10,8°C
43 to 51° F

Min.temperature:
-0,2°C
31°F

Max. temperature:
22,5°C
72°F

WINTER

Average temperatures: 0,7
to -4,3°C
33 to 40°F

Min.temperature:
-15,3°C
5°F

Max. temperature:
13,2°C
56°F

TEMPERATURES IN OSLO

1

According to the United Nations Human Development Index Norway is ranked as the most developed country in the world.

4

Oslo ranked 4th best in gender equality out of 150 cities, in a study by Zipjet about stress levels in cities.

4

Oslo has a buzzing and fast growing restaurant and bar scene, and is home to 4 Michelin stars. Galt, Statholdergaarden, Kontrast and Omakase hold 1 star. Maemo holds 3 stars and is renowned as one of the best restaurants in Scandinavia – refurbishing in 2020, and will open again in 2021.

20

Oslo is home to over 20 theatres, such as The Norwegian Theatre and The National Theatre located on the main street, Karl Johans Gate.

20

Oslo is one of the largest capital cities in the world in terms of surface area. However only 20% of the landmass is developed, the rest is parks, lakes, protected forests and rivers.

23

Oslo has an average elevation of 23 metres above sea level.

35

Over the last 5 years the number of guest bed-nights has increased by 35 percent. Illustrating the rise of Oslo as top destination.

40

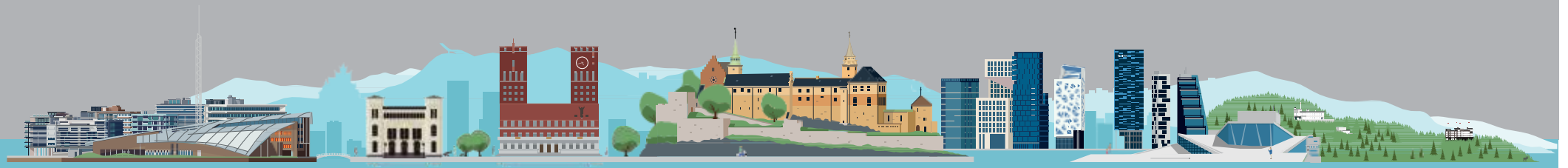
The number of islands within the Oslo region.

47

The number of international tourist arrivals in Oslo has increased by 47% since 2012, significantly more than any other European comparable city.

50

Oslo is planning to reduce greenhouse gas emission by 50 percent compared to 1990 levels by 2020 and 95 percent by 2030.





Fine Dining

Oslo's food scene has truly been booming in the past few years, with an abundance of new innovative food concepts popping-up all over the city. From Michelin star restaurants to internationally acclaimed food halls, Oslo offers a wide range of the World's cuisines, often with a Scandinavian twist.



Museums

Understanding context is a necessity to grasp the specificities of a place, people or culture. Whether their theme is the arts, history, technology or society, museums are a strong in Oslo with two new museums and a National Library.

Shopping

Whether it's traditional Norwegian products or designer brands, Oslo offers broad shopping possibilities. Located around Karl Johan, Oslo's main shopping district is rife with designer stores offering the latest international fashion and jewellery. Taxfree shopping is attractive with an average 12% refund.



Nightlife

Besides the development of a trailblazing cocktail scene since the late 90's, culminating in the Himkok bar being ranked 20th best bar in the world in 2017, Oslo has bars and nightspots for all tastes and people.



Sport Events

Oslo's first major international sport event was the winter Olympics in 1952. World famous sports events such the Holmenkollen Ski Festival or the Bislett Games, Oslo's largest track and field meeting, are hugely popular and draw in international audiences.



Live entertainment

Oslo is home to a vast array of performing arts venues, festivals and academies, such as the iconic Norwegian Opera and Ballet, the internationally acclaimed Øya Festival and the Norwegian Academy of Music.



AVERAGE PRICES OSLO

The list indicates the price level in Oslo city center and the greater Oslo region in 2020. Oslo's countless restaurants and bars offer delicious food and drinks in a relaxed atmosphere.

Please visit www.visitoslo.com for an overview of restaurants in all categories in Oslo.

Cappuccino at a coffee bar	€ 3 – 4
Main course in a budget restaurant	€ 14 - 23
Main course in an upmarket restaurant	€ 32 - 42
A bottle of beer in a grocery shop	€ 2 - 3
A bottle of beer in a bar	€ 7 -9,5
A glass of wine in a bar	€ 10 -12



ACTIVE LIFE IN OSLO



MORNING RUN

Walking or running tours are a fun and healthy way to experience and to see the main attractions in a new city. At seven o'clock in the morning the streets of Oslo are almost empty.

If you bring your running shoes, we will guide you along the path upstream Akerselva or the track all along the city's new seaside passing the Opera House, The Akershus Fortress, Oslo City Hall, Astrup Fearnley Museum of Modern Art and Aker Brygge.

Or try a walk in our beautiful parks – The Vigeland Sculpture Park or Ekebergparken.

CITY BIKE

Oslo is a great city for bicycle trips, with a compact city centre and short distances to major attractions.

Whether you want to see attractions or scenery, or just get some morning exercise, Oslo has a bike route that suits your needs - anything from relaxing, flat cycle routes to challenging off-road cycling in the hilly forests. The most efficient way to get around Oslo is on a bike.

SAUNA

Urban sauna culture has taken Oslo by storm, and the Oslo harbour now boasts several options for sauna sessions followed by refreshing dips in the fjord.

The joys of sauna life include relaxation, cleansing of the body and a great social atmosphere. A sauna session in Oslo may also be combined with cultural events and fjord sightseeing. Oslo's fjordside saunas are all located along the pier known as Langkaia, a mere stone's throw from the city centre. They each have their special features – get your swim gear out and pick your favourite.



OSLO AS A CONGRESS DESTINATION

- Oslo is **easily accessible** from all over the world.
- Oslo offers **17.000** hotel rooms in 2022
- Oslo offers a **wide range of congress centres** and other meeting venues. Find the perfect place for your event.
- Free use of WiFi at venues and hotels
- Oslo has an **urban**, compact city centre with everything within walking distance.
- **Easy to get around**, both walking and with the effective public transportation network.
- A city with excellent **Green** credentials, European Green Capital 2019.
- A **friendly** population.
- Used to delivering **high-level quality** in every service aspect.
- **Reliable** providers and suppliers.
- Exciting **cultural** experiences.

LETTER OF INVITATION FROM MAYOR'S OFFICE



The Mayor



International Federation of Social Workers –
European region
Maiengässli 4
4310 Rheinfelden
Switzerland

Att. Ms. President Ana Rădulescu

Date: 23.02.2022

Dear Ms. President of the International Federation of Social Workers European Region – IFSW Europe

I have been informed that the Norwegian Union of Social Educators and Social Workers (FO) is bidding to host the IFSW European Conference on October 6.-8th 2025 in Oslo.

The City of Oslo is an ideal venue for congresses as it combines extensive international access, purpose-built conference facilities, excellent hotel accommodation, a thriving scientific community and a wide range of related services.

Oslo, the capital of Norway, has approx. 700.000 inhabitants and is situated on the northern shore of the Oslo fjord, bordered by forested hills, lakes and mountains. This location gives Oslo a unique feel, where contemporary architecture is enshrined by natural surroundings.

Oslo strives to be a leader in research, business and sustainable development and is proud to showcase its local professional and academic communities through international events. A dynamic centre for innovation, Oslo hosts a wide range of higher learning institutes, an internationally recognized university hospital and the Nordics' fastest growing start-up ecosystem.

Safe, clean and reliable, Oslo is currently one of Europe's fastest growing cities. It is home to a flourishing cultural scene, which manifests itself through art, design, architecture, Michelin star restaurants, popular music festivals, a lively night life, and famous attractions like the Munch Museum, the Viking Ship Museum, Holmenkollen Ski Jump, Vigeland Sculpture Park and the national Opera House located on Oslo's waterfront.

Oslo is a high performing city also recognized for its contrasts and multitude. The city's natural surroundings, varied architecture, cultural attractions and multinational inhabitants as well as

recent awards such as European Green Capital 2019 and the Lonely Planet's top 10 places to visit in 2018 make Oslo an optimal destination for any event.

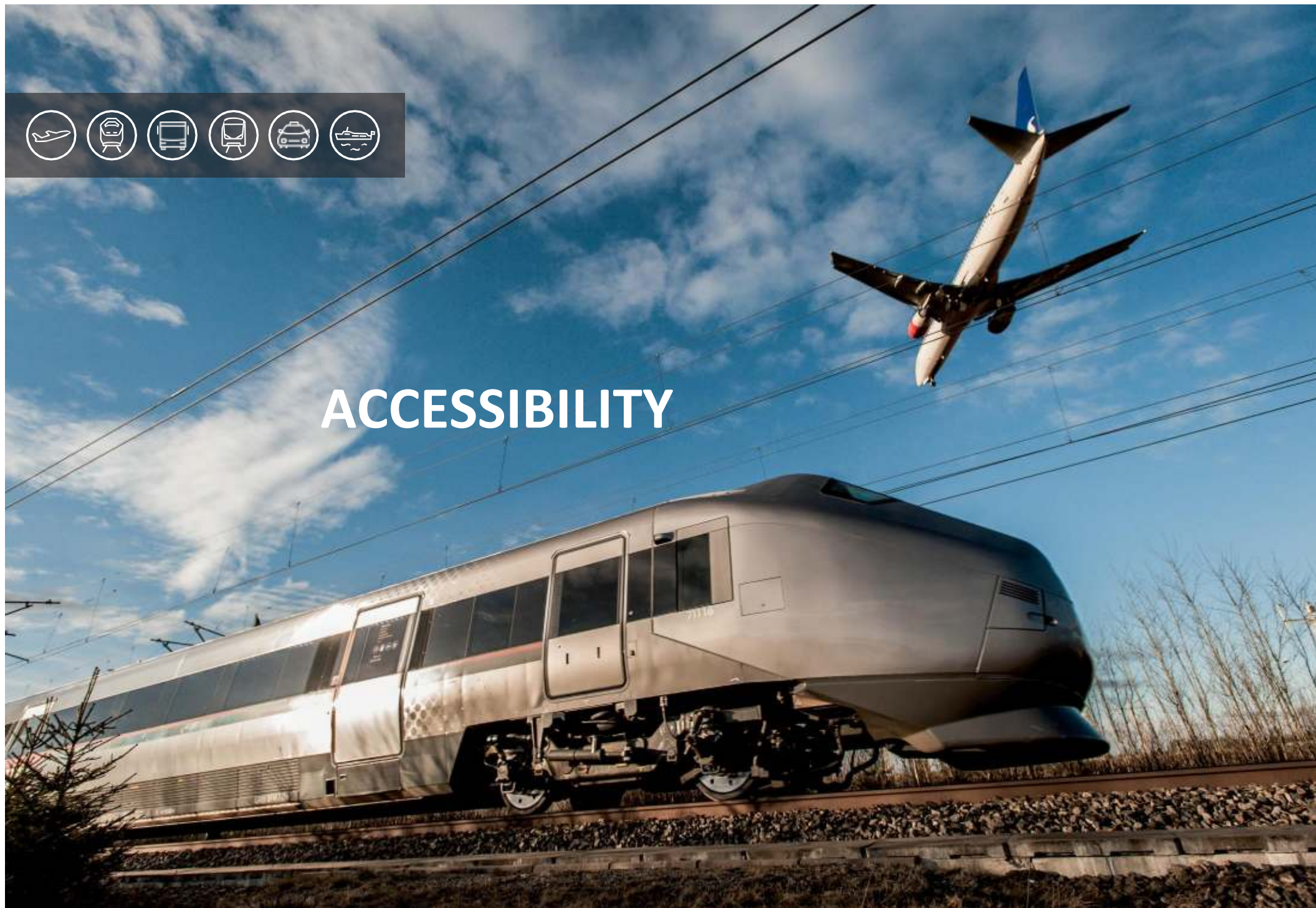
The City of Oslo would be honoured to host a future edition of the IFSW European Conference, and I wish all participants a warm welcome to Oslo

Best regards

Mayor of Oslo



ACCESSIBILITY



OSLO AIRPORT

OSLO Airport is a Carbon Accredited Airport (ACA)

Direct routes to 86 international destinations.

Airport express train 19 min to Oslo Central Station.

Second largest in the Nordic Countries, with 28,6 million passengers in 2019 and

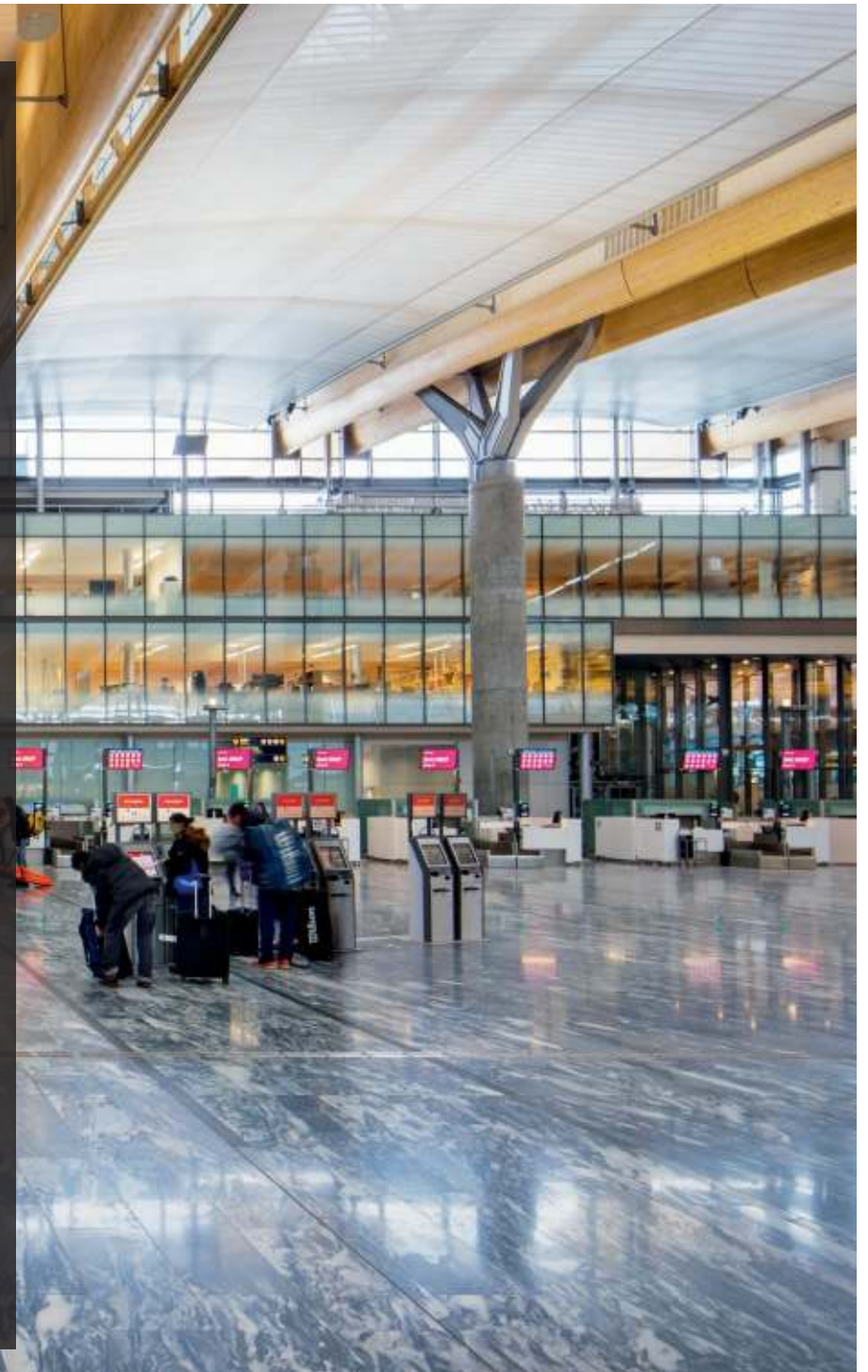
One of Europe's most modern airports, new terminal opened in 2017.

Wide range of restaurants and tax-free shops.

Eco-friendly terminals; snow collected in winter cools the airport in summer.

World leading on contactless and self-service options such as check-in, bag-drop and boarding.

Quick and efficient check in procedures.





OUTSIDE EUROPE

CAIRO	7 H
NEWYORK	8,5 H
DUBAI	10 H
LOS ANGELES	10,5 H
SAO PAULO	15 H
TORONTO NEW	12 H
DEHLI BEIJING	12,5 H
TOKYO NAIROBI	9 H
SHANGHAI	13 H
HONG KONG	13,5 H
JOHANNESBURG	14 H
VANCOUVER MEXICO	14,5 H
CITY SEOUL	15 H
BUENOSAIRE	16 H
SYDNEY	17 H

FLIGHT TIMES AND ROUTES

[ROUTE MAPS \(LINK\)](#)

VISA RULES FOR BUSINESS TRAVELERS

COUNTRIES EXEMPT FROM VISA REQUIREMENT

A visa is not required for nationals of countries with which Norway has signed a visa waiver agreement. Nationals of countries with a visa waiver may stay in Norway for up to 90 days.

The countries with which Norway has a visa waiver agreement are:

A: Andorra, Argentina, Australia, Austria

B: Belgium, Bermuda (BDTC passport), Brazil, Brunei, Bulgaria C: Canada, Chile, Costa Rica, Croatia, Cyprus, Czech Republic D: Denmark

E: El Salvador, Estonia F: Finland, France

G: Germany, Greece, Guatemala

H: Hong Kong (SAR passport), Honduras, Hungary I: Iceland, Ireland, Israel, Italy

J: Japan

K: Korean Republic

L: Latvia, Liechtenstein, Lithuania, Luxembourg

M: Macau (SAR passport), Malaysia, Malta, Mexico, Monaco N: Netherlands, New Zealand, Nicaragua

P: Panama, Paraguay, Poland, Portugal R: Romania

S: San Marino, Singapore, Slovakia, Slovenia, Spain, Sweden, Switzerland

U: UK, Uruguay, USA

V: Vatican State, Venezuela

SCHENGEN COUNTRIES

As part of the Schengen Agreement, there are no passport controls when travelling between countries which have signed up to the agreement. Citizens of these countries may therefore enter Norway freely, without having to apply for a visa. The same applies to foreign nationals who have a residence permit for one of the Schengen countries. The 25 member states are Austria, Belgium, the Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Lithuania, Luxembourg, Malta, the Netherlands, Norway, Poland, Slovakia, Slovenia, Portugal, Spain, Sweden and Switzerland.

It should be noted that European countries such as Ireland, Russia, Turkey and the United Kingdom are not parties to the agreement.

PUBLIC TRANSPORTATION

bus, coach, tram, train, tube ,taxi, car, ferry,
cycling and walking.





FLYTOGET, www.flytoget.no

Airport Express Train

Norway's only high-speed train provides fast and comfortable transport between Oslo Airport (OSL) at Gardermoen and several stops in the Oslo region.

Stop and departure times to

Lillestrøm Station: (Norway Convention Center):

3 departures per hour (travel time 12 minutes)

Oslo Central Station: 6 departures per hour (19–22 minutes)

Nationaltheatret, Skøyen, and Lysaker:

5 departures per hour

Tickets and discounts

Adult ticket one way - € 18,6. Major events can obtain discount codes for participants.



VY Group, www.vy.no

Norwegian State Railway

The Vy Group is one of the largest transport group in the Nordic countries. It operates most trainlines in Norway.

In Oslo, Vy operates regional trains, lines R1/R11 and L10. They carry passengers between Oslo Central Station, Norway Convention Center (Lillestrøm Station) and Oslo Airport (Gardermoen station).

Vy also operates train lines to Torp Airport.

Train fares and travel times:

Oslo Central Station – Oslo Airport

23min - € 10,24

Oslo Central Station – Torp Airport, Sandefjord

1h32min – € 28

Ruter#

Ruter, www.ruter.no

One Operator – One Ticket provider

Ruter plans and coordinates public transport in Oslo and the county of Akershus.

EVENT ORGANIZERS CAN INTEGRATE TRANSPORT PASSES IN CONFERENCE BADGES AS A QR CODE.

Prices for 1 zone and 2 zones*:

1 hour: € 3,48 / € 5,73

24 hours: € 10,43 / € 17,19

7 days: € 29,12 / € 51,58

*Public listed prices in 2020. Oslo city centre is one zone, Oslo to Lillestrøm (Norway Convention Center) is two zones (Akershus).

Oslo has a history of being an international congress destination. Our capital city is Norway's leading congress destination, and ranked in the ICCA World Congress Statistics of 2019 amongst the top 20 European congress destinations.



CONGRESS VENUE



OSLO CONGRESS CENTRE

Oslo Congress Centre is a leading modern congress centre located in the heart of Oslo city centre.

Boasting over 20 flexible rooms, in-house kitchen and technicians, as well as a unique food concept and exceptional service, Oslo Congress Centre clearly stands out.

Oslo Congress Centre has acquired the most modern and high-end event technology, allowing access to the most technologically advanced audiovisual equipment in the field. Continuous upgrades and development, such as free high speed WiFi for all delegates and guests and permanent on-site technicians result in a high service level at very competitive rates.

In addition, Oslo Congress Centre's food concept is a celebration of traditional Nordic cuisine, made with locally sourced ingredients. The chefs work closely with professional farmers, giving input and visiting the animals on the farm. This dedication to progress, flexibility, innovation and service is what makes Oslo Congress Centre the Arena of Opportunities.

Oslo Congress Centre is listed as the 2nd most price competitive congress centre in Europe by publications in the European Convention Centre Price Survey.



Oslo Congress Centre, right in the city centre of Oslo, is a modern congress centre that offers a flexible venue for conferences, events and meetings of various sizes.

GREEN INITIATIVES

- Eco-Lighthouse certified
- Use environmentally responsible suppliers
- Drinking water comes from the Oslo municipal water supply and undergoes extra filtering in own Pure Water System

LOCATION

- 7 minutes walk from Oslo Central Station.
- 4000 hotel rooms within walking distance.
- Close to restaurants, bars, and tourist attractions.

OSLO CONGRESS CENTRE

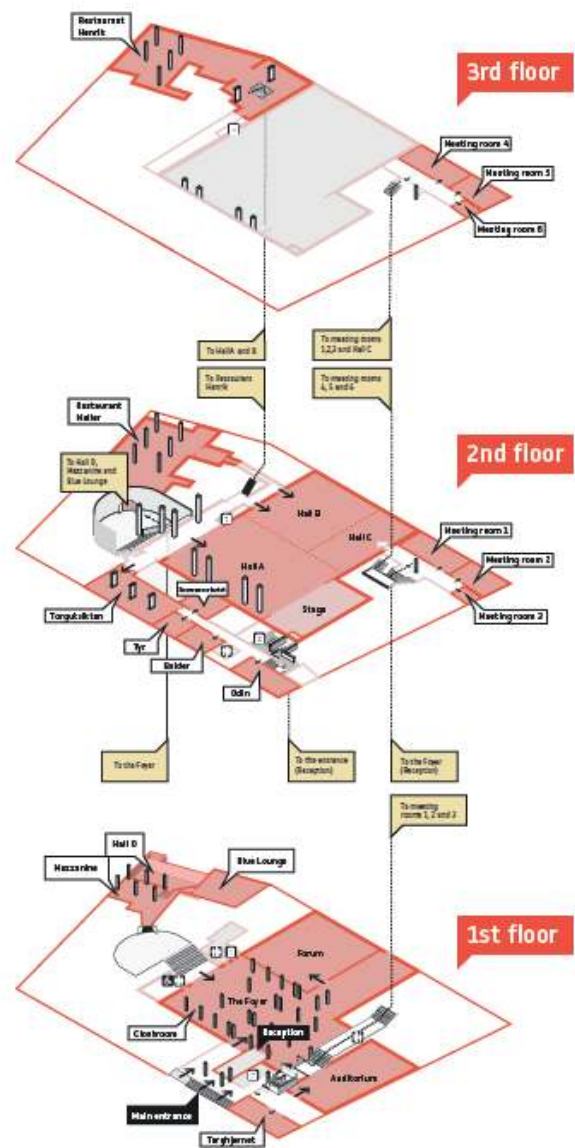


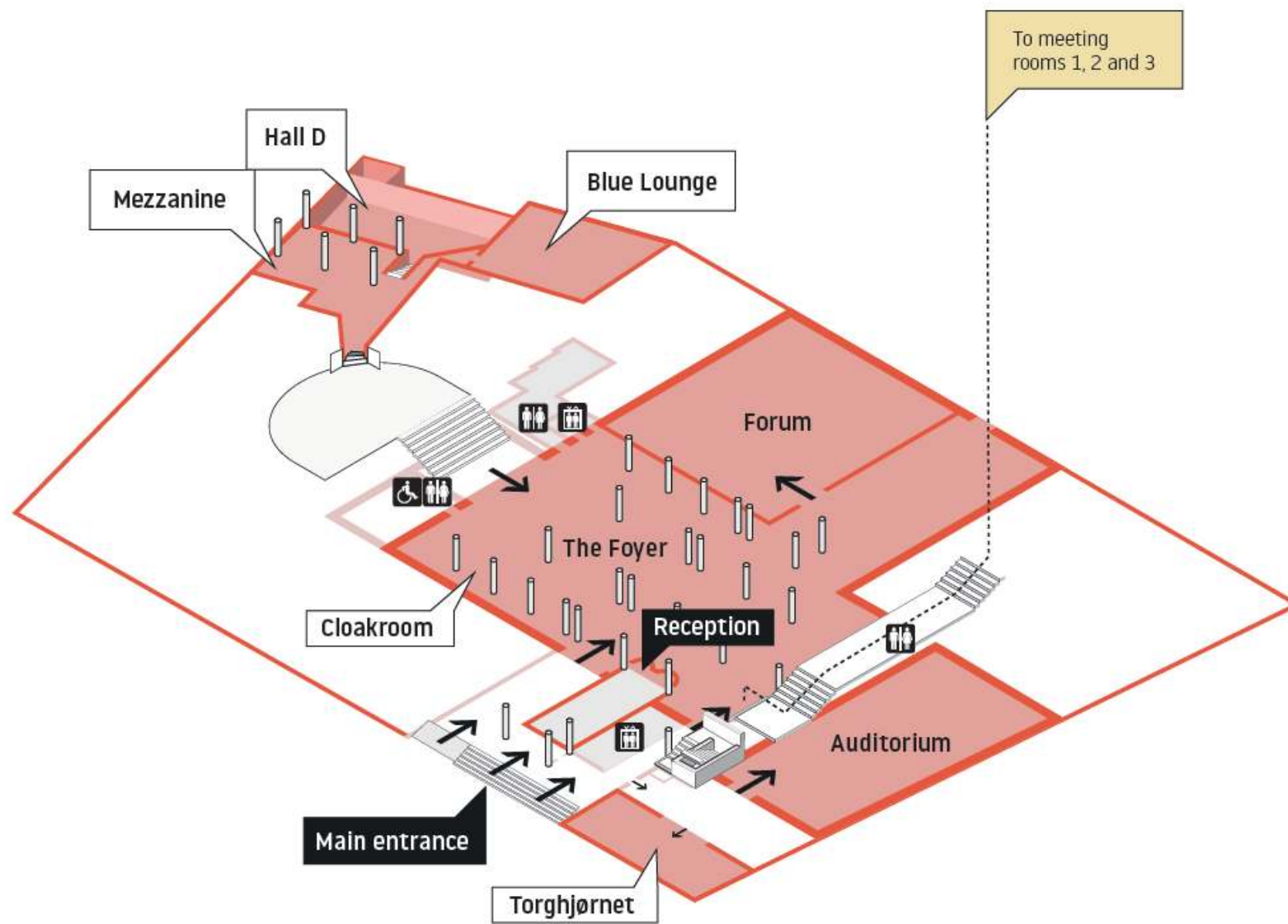
OSLO CONGRESS CENTRE

Conference halls	5
Meeting rooms	9
Banquet capacity	1052
Max plenary session capacity	1600
Exhibition Area	750 sqm

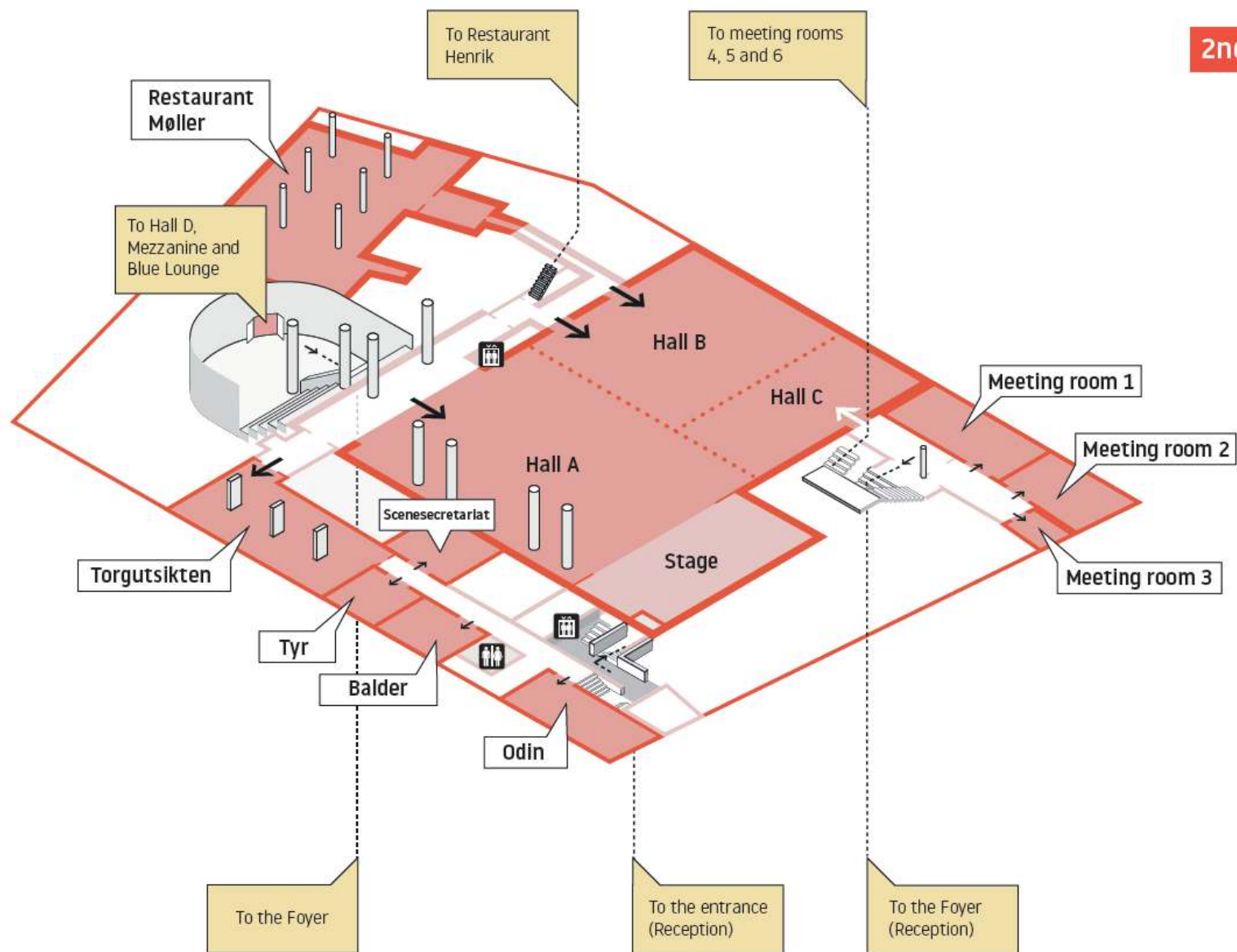
***Conference fees can be found in the attachment:
“Booking Proposal at Oslo Congress Centre”**

www.oslokongressenter.no/en

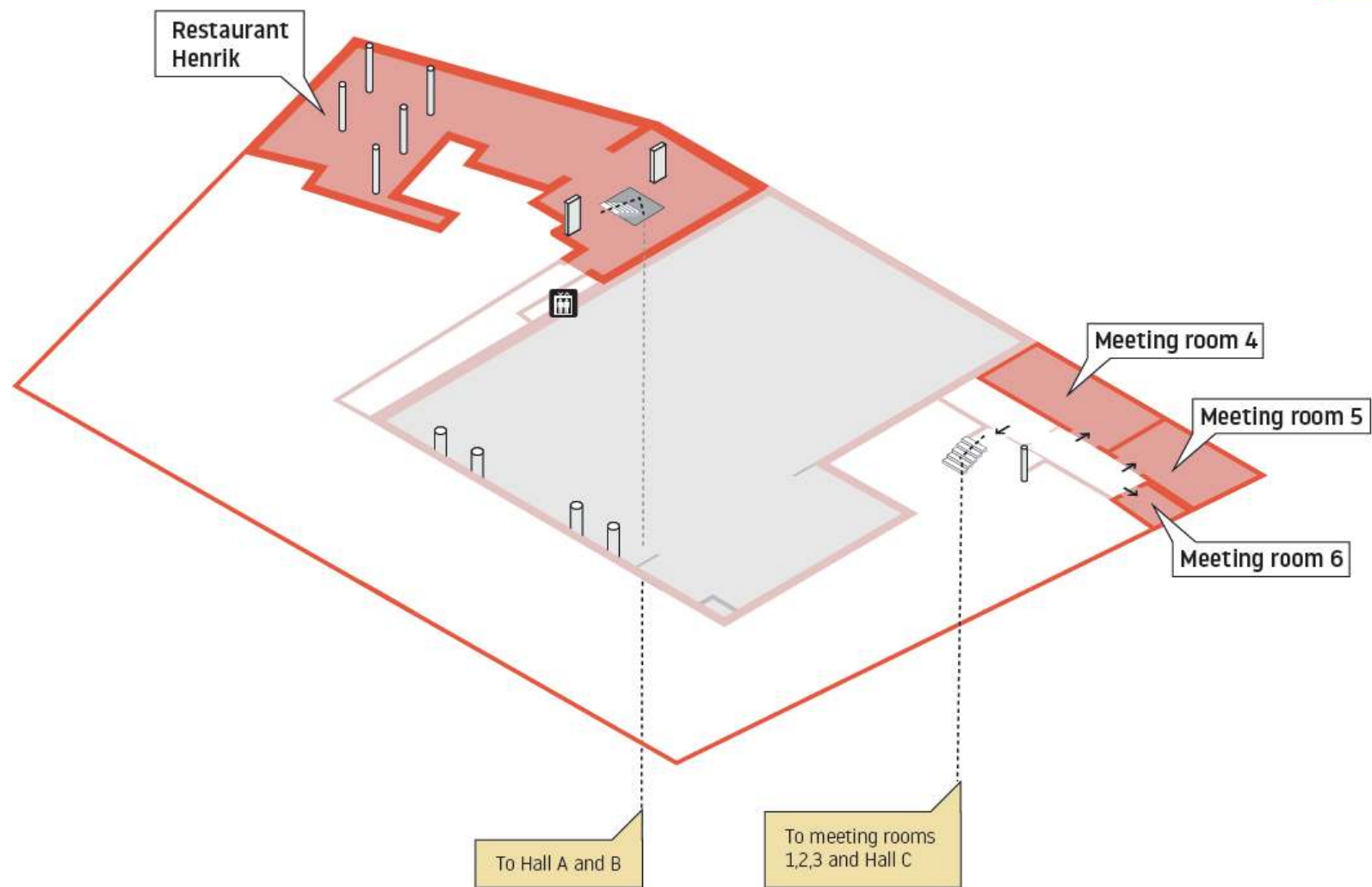




1st floor



3rd floor



VENUE CAPACITIES

ROOMS	U. SHAPE	CLASS-ROOM	THEATRE STYLE	BANQUET ROUND TABLE	BANQUET LONG TABLE	GROUP TABLE	CONF. TABLE	LUNCH	AREA	CEILING HEIGHT	FLOORING
The Foyer	-	-	-	-	-	-	-	-	750 m²	3,5 m	Granite
Congress Hall (A, B & C)	142	880	1473	840	956	784	-	-	1000 m²	6,5 m	Parquet
Congress Hall with stage	142	880	1600	950	1052	848	-	-	1000 m²	6,5 m	Parquet
Hall A facing the stage	94	404	690	450	448	344	-	-	560 m²	6,5 m	Parquet
Hall A facing the Secr.	80	376	620	360	428	344	-	-	-	6,5 m	Parquet
Hall B	64	216	393	220	-	200	-	-	290 m²	5,5 m	Parquet
Hall C	56	142	242	180	-	128	-	-	170 m²	5,5 m	Parquet
Hall B + C facing A	76	394	680	390	408	336	-	-	440 m²	5,5 m	Parquet
Hall B + C facing MR	94	354	600	410	408	328	-	-	440 m²	5,5 m	Parquet
Hall D	40	90	150	140	-	120	-	-	210 m²	5,2 m	Carpet
Blue Lounge	-	32	48	-	60	-	28	68	70 m²	-	-
Forum	38	106	170	150	-	112	-	-	140 m²	2,8 m	Carpet
Auditorium	-	-	180	-	-	-	-	-	206 m²	5,5 m	Parquet
Torghjørnet	32	54	95	60	60	48	36	-	78 m²	3,0 m	Carpet
Meeting room 1	32	64	100	-	-	48	36	-	71,5 m²	2,4 m	Carpet
Meeting room 2	24	40	65	-	-	32	28	-	50 m²	2,4 m	Carpet
Meeting room 3	-	-	-	-	-	-	10	-	15 m²	2,7 m	Carpet
Meeting room 4	32	62	95	-	-	48	36	-	71,5 m²	2,8 m	Carpet
Meeting room 5	24	40	65	-	-	32	28	-	50 m²	2,8 m	Carpet
Meeting room 6	-	-	-	-	-	-	10	-	15m²	2,7 m	Carpet
Tyr	-	-	-	-	-	-	10	-	23 m²	4,1 m	Carpet
Balder	24	35	60	-	-	36	26	-	46 m²	4,1 m	Carpet
Odin	30	42	81	-	-	48	32	-	65 m²	4,1 m	Carpet
Mezzanine	-	-	-	-	-	-	-	-	140 m²	-	-
Torgutsikten	44	60	106	80	72	-	44	116	-	-	-
Restaurant Møller	-	216	380	275	-	-	-	275	250 m²	3 m	Carpet
New Henrik	-	-	-	-	252	-	-	252	250 m²	2,7 m	Carpet
Historic Henrik	-	-	-	-	120	-	-	120	120 m²	2,7 m	Carpet

INTERPRETATION FACILITIES

The image shows a low-angle, perspective view of a modern architectural interior. The space is defined by a grid of dark metal frames holding large, translucent glass panels. A single, thick, light-colored wooden column stands prominently on the right side. The floor is highly reflective, mirroring the ceiling and the column. The lighting is soft and diffused, creating a clean, minimalist aesthetic. The overall composition emphasizes geometric lines and the interplay of different materials.

SimNet

SimNet is a group of professional conference interpreters, all members of [AIIC](#), who have worked in Norway for the last twenty years.

From our base in Oslo, we cover conference venues from the Arctic town of Kirkenes to Stavanger, the oil capital of the West, down to the southernmost town of Kristiansand.

We interpret at all kinds of meetings, from world congresses to small gatherings, official state visits to show business events, spanning a wide range of subjects and disciplines in the fields of art, science, business, international relations and many others.

Our work experience is truly international, often taking us to Europe, Asia, Africa and America. Our contact network is thus spread far and wide, spanning a vast array of language combinations and allowing us to recruit the right team for the right job.



SOCIAL ACTIVITIES

PHOTO: HUANG ZHENG / SHUTTERSTOCK.COM

All venues suggested for social events are situated in the city centre of Oslo, and within walking distance from the hotels. Oslo has a wide range of museums, historical buildings and buildings of modern architecture that can create a beautiful frame of any networking evenings. This is some suggestion.



Civic Reception at Oslo City Hall

The city of Oslo will be honored to host your congress and it is common for scientific or academic congresses and conferences to be offered a civic reception at the Oslo City Hall for up to 1000 participants. The civic reception includes a welcome speech by the Mayor's office, finger food, sparkling wine and soft drinks as well as private guided tour of the City Hall.

The reception can be organized from Monday to Saturday and the Local Organizing Committee must forward an application to the City Hall.

NEARBY ATTRACTIONS

- Aker Brygge Wharf
- Akershus Fortress

OSLO CITY HALL IN NUMBERS

Maximum reception capacity	1000
Distance to Oslo Congress Center	1,2 km
Distance to Norway Convention Center	23 km
Distance to Oslo Central Station	500 m



GAMLE LOGEN

Gamle Logen offers a range of beautiful rooms of various sizes, making it an attractive venue for not only major conferences but also smaller courses and meetings. This is a key area of business, and we are accordingly able to offer everything that organisers need in the way of catering, technical equipment and expertise.

GREEN INITIATIVES

- Participate in a vibrant food system
- Focusing on reducing food waste
- Developing sustainable food value chains

NEARBY ATTRACTIONS

- Oslo Opera House
- Akershus Fortress
- Bjørvika

GAMLE LOGEN

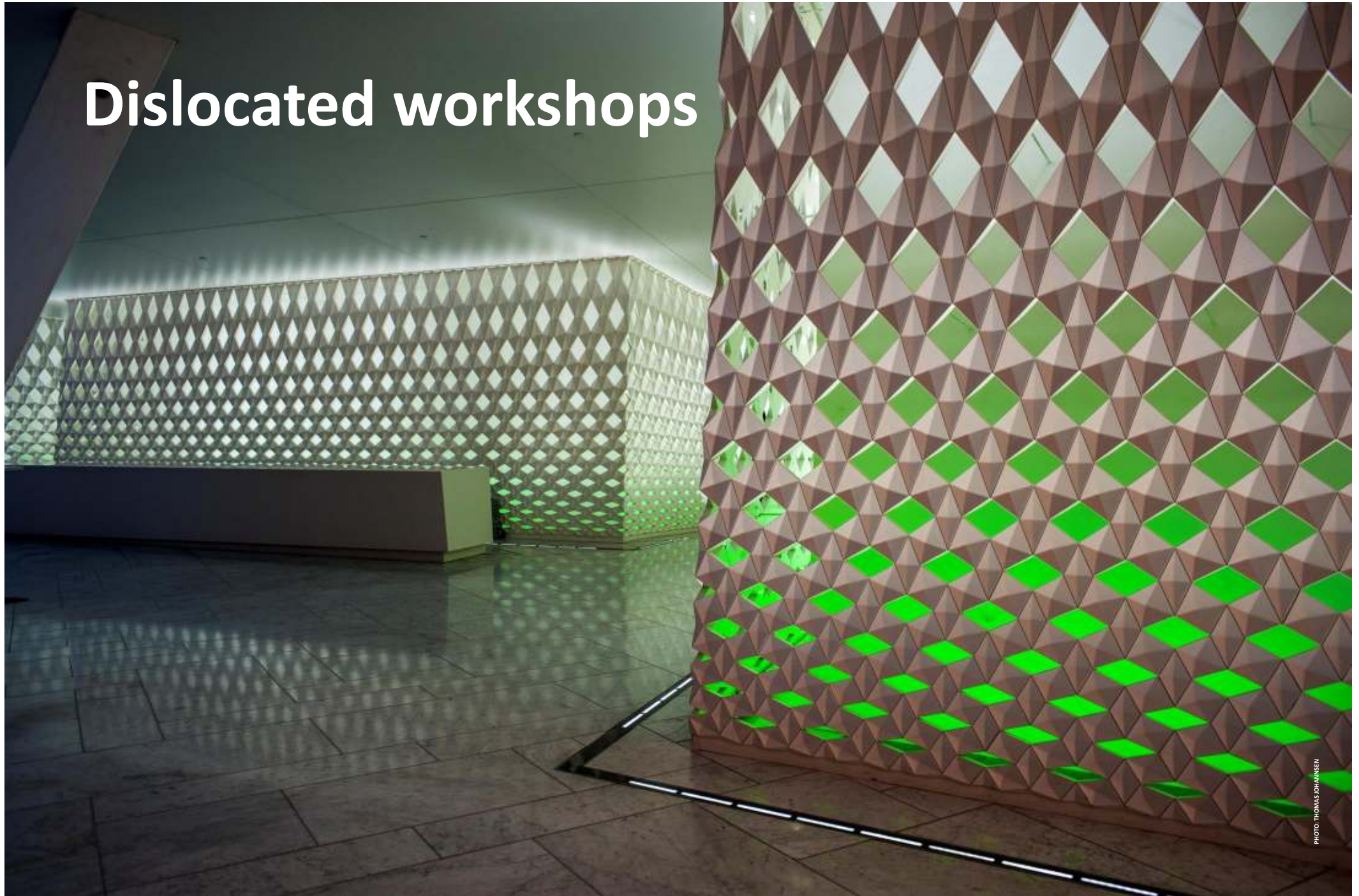


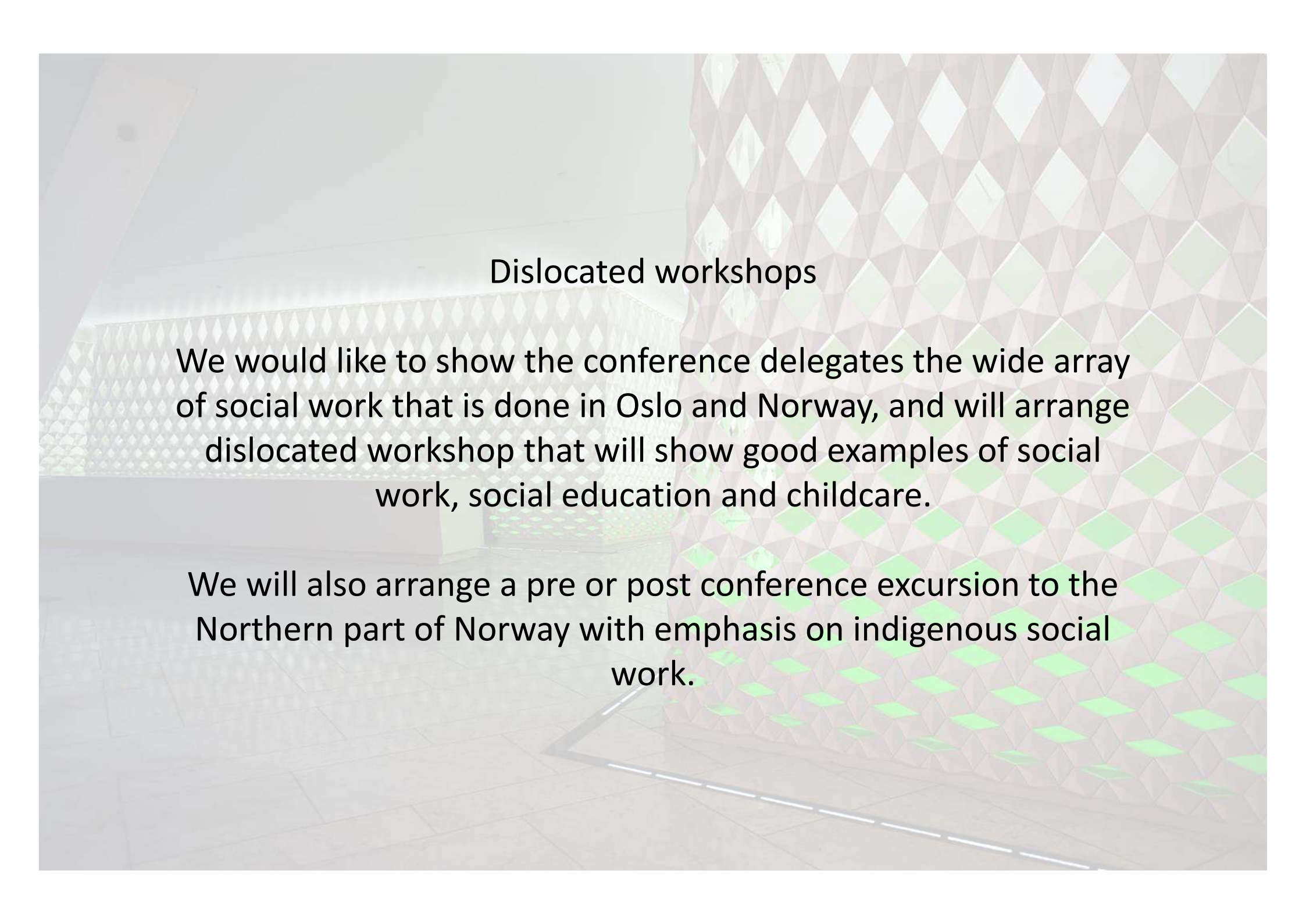
GAMLE LOGEN IN NUMBERS

Number of event rooms	7
Maximum reception capacity	800
Maximum banquet capacity - Ballroom	525
Distance to Oslo Congress Center	850 m
Distance to National Theatre Station	800 m

www.gamlelogen.no

Dislocated workshops



The background image shows a modern architectural structure with a prominent facade made of diamond-shaped panels. The panels are arranged in a grid and have a color gradient from light green to white. The building is set in an urban environment with a paved courtyard in the foreground. The text is overlaid on this image.

Dislocated workshops

We would like to show the conference delegates the wide array of social work that is done in Oslo and Norway, and will arrange dislocated workshop that will show good examples of social work, social education and childcare.

We will also arrange a pre or post conference excursion to the Northern part of Norway with emphasis on indigenous social work.

Oslo offers 17 000 hotel rooms in 2022.

6000 rooms are located within a 10 min walk of Oslo Central Station, and 700 rooms in walking distance to Norway Convention Center.

Unless stated otherwise, rates always include breakfast and 12% VAT. There is no additional hotel tax in Oslo.

The majority of hotels belong to international groups such as Choice Hotels, Radisson, Scandic and Thon Hotels, ensuring consistent quality and a high service level.

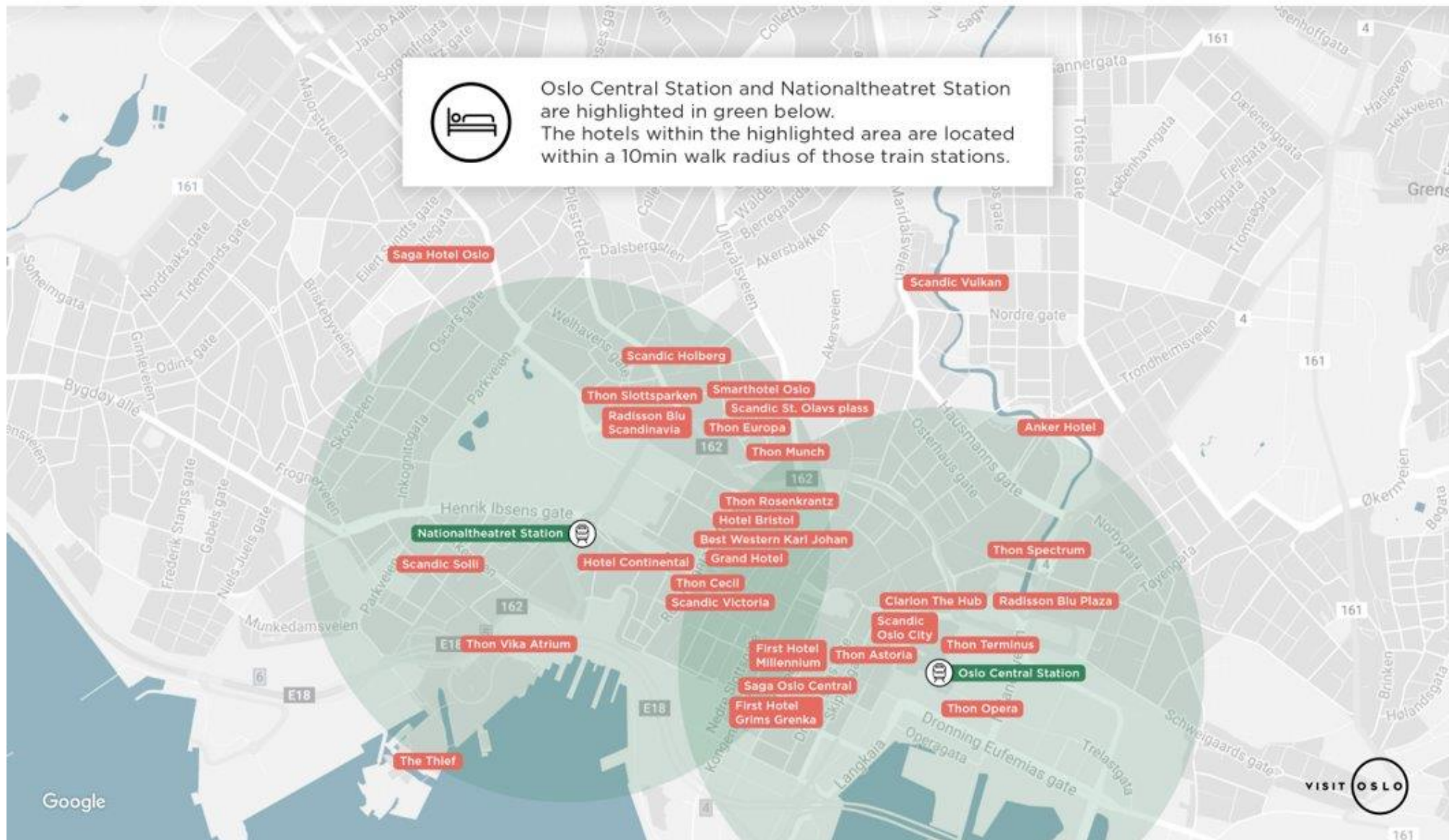
Norway does not have a star rating system, all hotel facilities are of 3 stars standard or above.
Wifi is always free.

NOK 1200-1500
average room rate
for single room in
Oslo



ACCOMMODATION

Hotels within walking distance of Oslo Central Station and Nationaltheatret Station



AVERAGE ROOM RATES IN OSLO 2021

The Norwegian hotel industry does not have a star denomination. The categories below (A, B and C) reflect the general standard, service level and price of the hotels. All hotels are above 2-stars category according to European standard.

A room in a first-class hotel in Norway costs less than in most other major cities. All hotels are safe, clean and have a large breakfast buffet included. All rooms have private bath/shower. The VAT on hotel rooms in Norway is 12%, and is included in the quoted rates.

The hotels in Oslo city centre are located with easy access to entertainment, restaurants, museums and public transportation. All preferred hotels are in walking distance to the two main train stations to Norway Convention Center, Oslo Central Station and Nationaltheateret Station.

Oslo offers a number of hostels, budget accommodation, AirBnB and apartments for students and young researchers. The rates in the hostels start from € 25 per night/person. Total number of beds is over 1.500 and 8.000 apartments. Listed in category D.

Category	Type of room	NOK	EUR
A	Single room, per night	1795 – 3200	179 – 320
	Double room, per night	1995 – 3800	195 – 380
B	Single room, per night	1395 – 2300	139 – 230
	Double room, per night	1550 – 2600	155 – 260
C	Single room, per night	900 – 1395	90 – 139
	Double room, per night	1165 – 1895	116 – 189

We take into account that prices are index-linked every year

Selected hotels

Hotels	Capacity	Station	Web
CATEGORY A (*****)			
Grand Hotel Oslo by Scandic	283	Nationaltheatret Station	www.grand.no
Hotel Bristol	251	Nationaltheatret Station	www.hotelbristol.no/en
Hotel Continental	155	Nationaltheatret Station	www.hotelcontinental.no
The Thief	114	Nationaltheatret Station	www.thethief.com
	803		
CATEGORY B (****)			
Amerikalinjen	122	Oslo Central Station	www.amerikalinjen.com
Clarion Collection Hotel Folketeateret	160	Oslo Central Station	www.nordicchoicehotels.com
Clarion Hotel Oslo	255	Oslo Central Station	www.nordicchoicehotels.com
Clarion Hotel The Hub	810	Oslo Central Station	www.nordicchoicehotels.com
Karl Johan Hotel	157	Nationaltheatret Station	www.karljohan.no
Radisson Blu Plaza	678	Oslo Central Station	www.radissonblu.com
Radisson Blu Scandinavia	499	Nationaltheatret Station	www.radissonblu.com
Scandic Lillestrøm	220	On Site	www.scandichotels.com
Scandic Oslo City	175	Oslo Central Station	www.scandichotels.com
Scandic St Olavs Plass	241	Nationaltheatret Station	www.scandichotels.com

Selected hotels

Hotels	Capacity	Station	Web
CATEGORY B (****)			
Scandic Victoria	199	Nationaltheatret Station	www.scandichotels.com
Sommerro	232	Nationaltheatret Station	www.sommerrohouse.com
Thon Hotel Arena	355	On Site	www.thonhotels.com/arena
Thon Hotel Opera	480	Oslo Central Station	www.thonhotels.com/opera
Thon Hotel Rosenkrantz	151	Nationaltheatret Station	www.thonhotels.com/rosenkrantz
Thon Hotel Cecil	167	Nationaltheatret Station	www.thonhotels.com/cecil
	4901		
CATEGORY C (***)			
Hotel Bondeheimen	145	Nationaltheatret Station	www.bondeheimen.com
Comfort Hotel Børsparken	248	Oslo Central Station	www.nordicchoicehotels.com
Comfort Hotel Grand Central	194	Oslo Central Station	www.nordicchoicehotels.com
Hotel Verdandi Oslo	170	Nationaltheatret Station	www.hotelverdandi.no
Park Inn by Radisson Oslo	118	Oslo Central Station	www.radissonhotels.com
Saga Hotel Oslo	47	Nationaltheatret Station	www.sagahoteloslo.com
Scandic Byporten	239	Oslo Central Station	www.scandichotels.com
Scandic Grensen	96	Nationaltheatret Station	www.scandichotels.com

Selected hotels

Hotels	Capacity	Station	Web
CATEGORY C (***)			
Smarthotel Oslo	257	Nationaltheatret Station	www.smarthotel.no/en/Oslo
Thon Hotel Astoria	178	Oslo Central Station	www.thonhotels.com/astoria
Thon Hotel Europa	160	Nationaltheatret Station	www.thonhotels.com/europa
Thon Hotel Panorama	118	Oslo Central Station	www.thonhotels.com/panorama
Thon Hotel Slottsparken	246	Nationaltheatret Station	www.thonhotels.com/slottsparken
Thon Hotel Spectrum	187	Oslo Central Station	www.thonhotels.com/spectrum
Thon Hotel Terminus	154	Oslo Central Station	www.thonhotels.com/terminus
	2557		
CATEGORY D (**)			
Anker Hostel	376 beds	Oslo Central Station	www.ankerhostel.no
Anker Hotel	500 beds	Oslo Central Station	www.anker-hotel.no
Citybox Oslo	341	Oslo Central Station	www.citybox.no
Cochs Pensjonat	119	Nationaltheatret Station	www.cochspensjonat.no
Comfort Hotel Xpress	167	Oslo Central Station	www.nordicchoicehotels.com
P-Hotels Oslo	128	Nationaltheatret Station	www.p-hotels.no/en
	1165		

Local Administrative Support

PHOTO: THOMAS JOHANNESSEN



CONVENTION BUREAU

VISIT OSLO



The mission of the Oslo Convention Bureau is to facilitate the planning and organization of meetings, incentives, conferences and events in Oslo. The staff's diverse backgrounds, from hotels, travel industry, PCO and national convention bureaus, allows the Oslo CVB to serve the best interests of international event organizers.

Our free services include:

- Providing and holding room allotments.
- Assistance in choosing suitable venues, facilities and suppliers.
- Suggestion for social and accompanying person program.
- Coordination of site inspections for Organising and hosting Congress Committee:
Two persons including accommodation and flights within Europe, airport transfer and public transportation.
- Bid coordination and preparation of destination presentations.
- Promotional and information material.

See what else we can do for you: www.visitoslo.com/en/meetings



*Marjun Persson
Oslo Enthusiast & Project Manager Conventions*

E-mail: marjun.persson@visitoslo.com

Direct phone: +47 404 63 888



"Oslo Convention Bureau offered services that are unparalleled to any other we have ever worked with."

Joel Whitten, Peugeot, Events Manager



Located at Oslo Central Station, Oslo Visitor Centre welcomes tourists and visitors every day, all year round. The dedicated team of Oslo enthusiasts use their knowledge of the city as well as the tools available to them to provide personalized assistance to visitors.

Find more information about visitor services:
www.visitoslo.com/en/tourist-information-centre

SERVICES UPON REQUEST AND AVAILABILITY (CHARGEABLE SERVICES):

- 20% discount on the Oslo Pass for congress delegates (if purchased for a group). Unused Oslo Passes can be reimbursed if returned to VisitOSLO within a week after the congress.
- Welcome desk for one day at Oslo Airport.
- Welcome desk at Oslo Visitors Centre exclusive for the congress – 1 staff 1 day.
- City information desk during the congress.
- Banners on the main street, Karl Johans Gate (24 banners – 12 on each side of the street).
- Promotion and information material.
- Free use of Oslo Convention Bureau's image/film bank.

PCO PARTNER



Gyro Conference

One of the leading PCO companies in Norway, with broad expertise and more than 20 years of experience.

Gyro's portfolio ranges from major international events and congresses to national events and conferences.

Gyro Conference has expertise in all areas related to the development and implementation of conferences. Services include preparation of goals and strategies, development of concepts and creative solutions, quality assurance, project management, website/marketing activities, registration, abstracts, exhibition, budget/accounting, operational execution and contingency planning.

The company cooperates with a variety of proven subcontractors, and as one of Norway's largest PCOs, Gyro Conference also has the resources to bring in manpower and expertise beyond PCO tasks.

Gyro Conference is a member of IAPCO (International Association of Professional Congress Organisers)

www.gyroconference.no

INDICATIVE BUDGET



INDICATIVE BUDGET

Prices of 2022, Exchange rate: 10 NOK = 1 EUR (March 2022)

Registration fees:	Incl VAT	Ex VAT
Early Bird Participant Member:	NOK 5.500	NOK 4.400
Regular Participant Member:	NOK 6.500	NOK 5.200
Onsite Participant Member:	NOK 7.000	NOK 5.600
Early Bird Participant Non-Member:	NOK 6.500	NOK 5.200
Regular Participant Non-Member:	NOK 7.500	NOK 6.000
Onsite Participant Non-Member	NOK 8.500	NOK 6.800

INDICATIVE BUDGET

Estimates set for 400, 600, and 800 participants – safe number: 600

Number of participants	400	600	800
Income	1 794 000	2 718 000	3 626 000
Costs	2 227 800	2 688 000	3 147 400
Result	-433 800	30 000	478 600

**All prices in NOK, Ex. VAT. The budget is calculated in 2022 prices and Exchange rate*

The budget includes anticipated expenditures:

- Meeting Rooms rentals including all mandatory expenses*
- AV Equipment
- Staff Assistance
- Posters
- Catering
- Website, Abstract handling, Registration services
- Bank Chargers
- PCO services and fee PCO Services.
- Cost for interpretation
- Committee meetings
- 10 Speakers or VIP expenses (Accommodation, Air ticket, on site transfers)
- Promotion
- Social media expenses
- Prints

**Conference package fees can be found in the attachment:
"Booking Contract Oslo Congress Centre"*

INDICATIVE BUDGET

Accommodation:

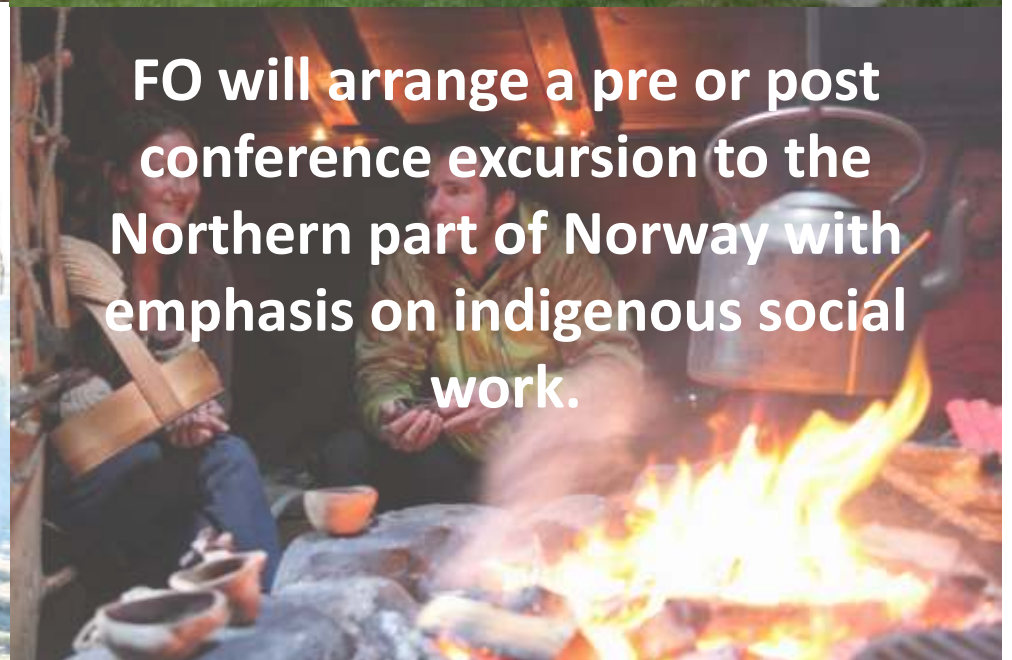
Based on average room rates in Oslo in 2021. Prices incl. breakfast and VAT

Category	Type of room	NOK	EUR
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*We take into account that prices are index-linked every year.



POST TOUR TO THE NORTH



FO will arrange a pre or post conference excursion to the Northern part of Norway with emphasis on indigenous social work.

Extra ATTACHMENTS

- «Booking Proposal at Oslo Congress Centre»

