



Home in transition

Turning vulnerability to capability

Dear You, Hi :)

You can take a look at this booklet and find about what you can do during your stay here at Refstad. (If you like of course)

A LITTLE BIT OF HISTORY

History of this package and why you are having it.

Hi, My name is Niloufar Gharavi. People call me Nilu :)

Hi, and I am Melina Hozhabri. People call me just Melina :D

We are 2 migrant students from Iran and did our Master degree in "Design" here in Norway, at "Oslo school of Architecture and Design", AHO. Our diploma project, was focused on Refstad reception center during winter 2018 and this little package in your hands is one of its outcomes.

As migrants we truly could understand the challenges of adapting to a new context and being in transition. So it was not very difficult for us to imagine how it is even more challenging for a person with a much harder journey. It feels like we are all on an ongoing bus heading to an unknown destination that we never know when or where it will reach our stop.

The fact that we all have long waiting times for our cases to be processed, puts us in a limbo of waiting and wasting our times for an answer instead of learning and developing our skills and appreciating our inner strengths.

Therefore, we got involved by our hearts and entered the transit center to co-design an action together with the inhabitants, which turns Refstad from a waiting limbo to a development and enrichment platform.

We came in, gathered the inhabitants and facilitated conversations among them with the hope of reminding them of their abilities and encourage them to do something with it for themselves and others.

We just facilitated the way from design perspective by making workshops and activities together with the inhabitants during that period and co-created some co-learning courses/activities based on the skills that participants had.

Today, there is a big network of people who entered Refstad someday with same issues like yours and now are on their own track of self-development and success. And, we would love you to join :)

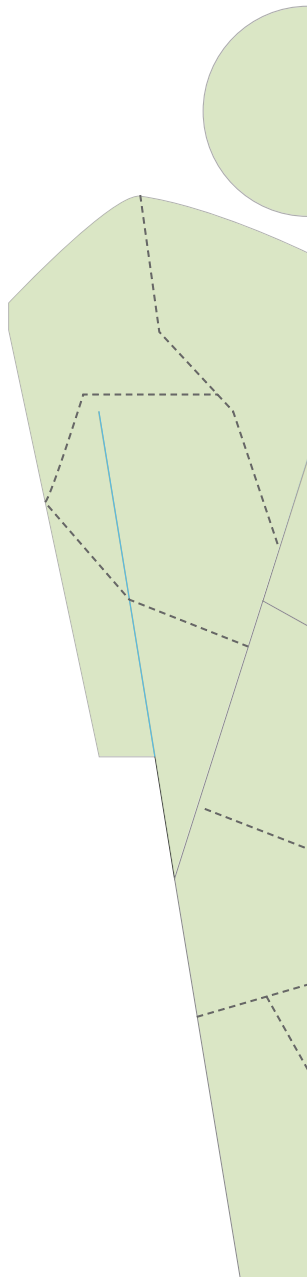
So, now as we are no longer in this center, you are having this package which still brings you back our presence, experience and love.

The book is here to welcome you to our community and facilitate your way of recalling how amazing you are. It is meant to help you think of what you can do while staying here to develop yourself and others in the way you like/can.



INDEX

List of the items in this package for you to explore.



• INTRO

Welcome

A little bit of history (for you to know)

Index (items in this package for you)

Instructions (how to use the package)

• Chapter 1 (Awareness)

Required info & instructions of Refstad

Map of your journey

• Chapter 2 (Triggering Activity)

- A game for you to do yourself

Intro to the persona game

General Instructions

List of the tools

- A group activity to do with others

General Instructions

List of the tools

- How to follow up

General Instructions

List of the tools

• Chapter 3 (Recommendations)

- For you to have fun :)

Links to learn about Norway

Links of online communities

Links of good movie websites

Links of good book websites

Links of good music websites

Links of good and useful apps

- For you to workout

Visualized exercises and yoga

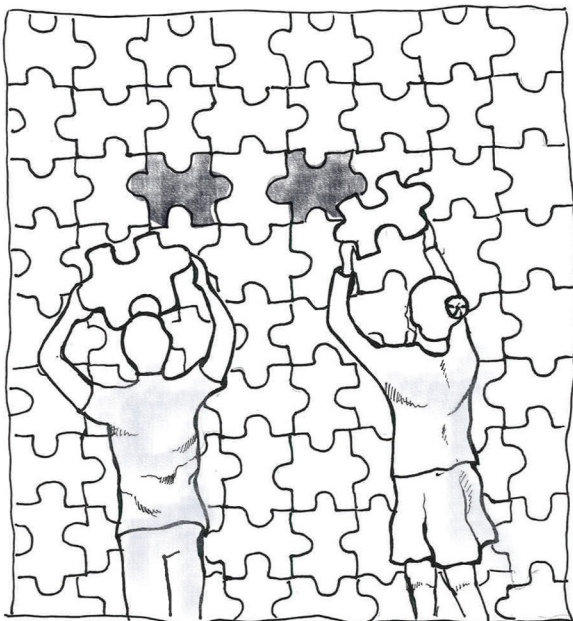
GENERAL INSTRUCTIONS

You are receiving this package because you and your competences matter.

You may have had a job or an education before coming here which you're not sure if could be used in this new situation. You may have a lot of vocational skills as well as inner powers and abilities which all together helped you to come this far.

With all the values inside, you may like to do something with them but don't know how, either to develop them or even teach them to other people. On the other hand, for functioning within the new contexts, you may always need to learn some new skills that had no idea about before.

So you see that there could be a lot for you to influence and do, instead of thinking about an answer which raise your frustration every day when not much about it is in your hands. Then this package is for you to think of what you can actually do.

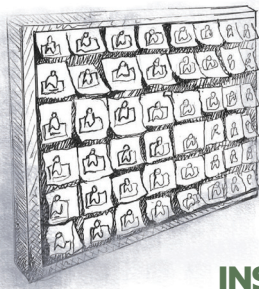


Within this package you have:

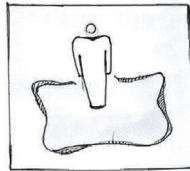
- "@Home Booklet" (what you have in your hands now)
- The "You Card"
- 7 "Story Card"s
- "Your Story Card"s
- Package of the "@Home Game"
- A pen

The package also invites you to:

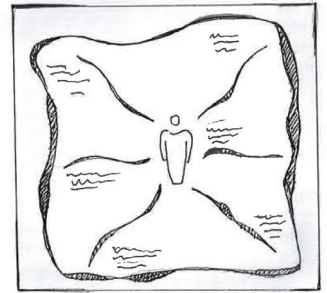
- The "Wall of fame" Installation
- The "@Home Canvas"
- The "@Home App"
- The "@Home Gathering"
- The "@Home Website"
- The network of "Challengers"
- Follow up with stakeholders



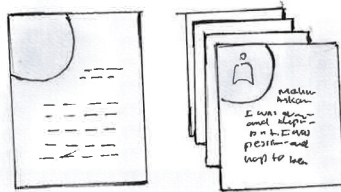
INSTALLATION
History board



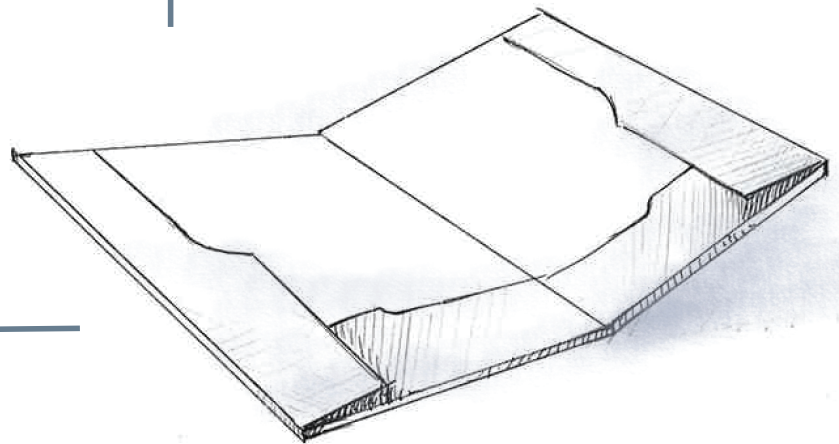
YOU CARD
Your sign in the
history of the project



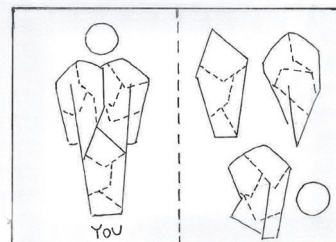
GROUP WORK CANVAS
Group activity canvas



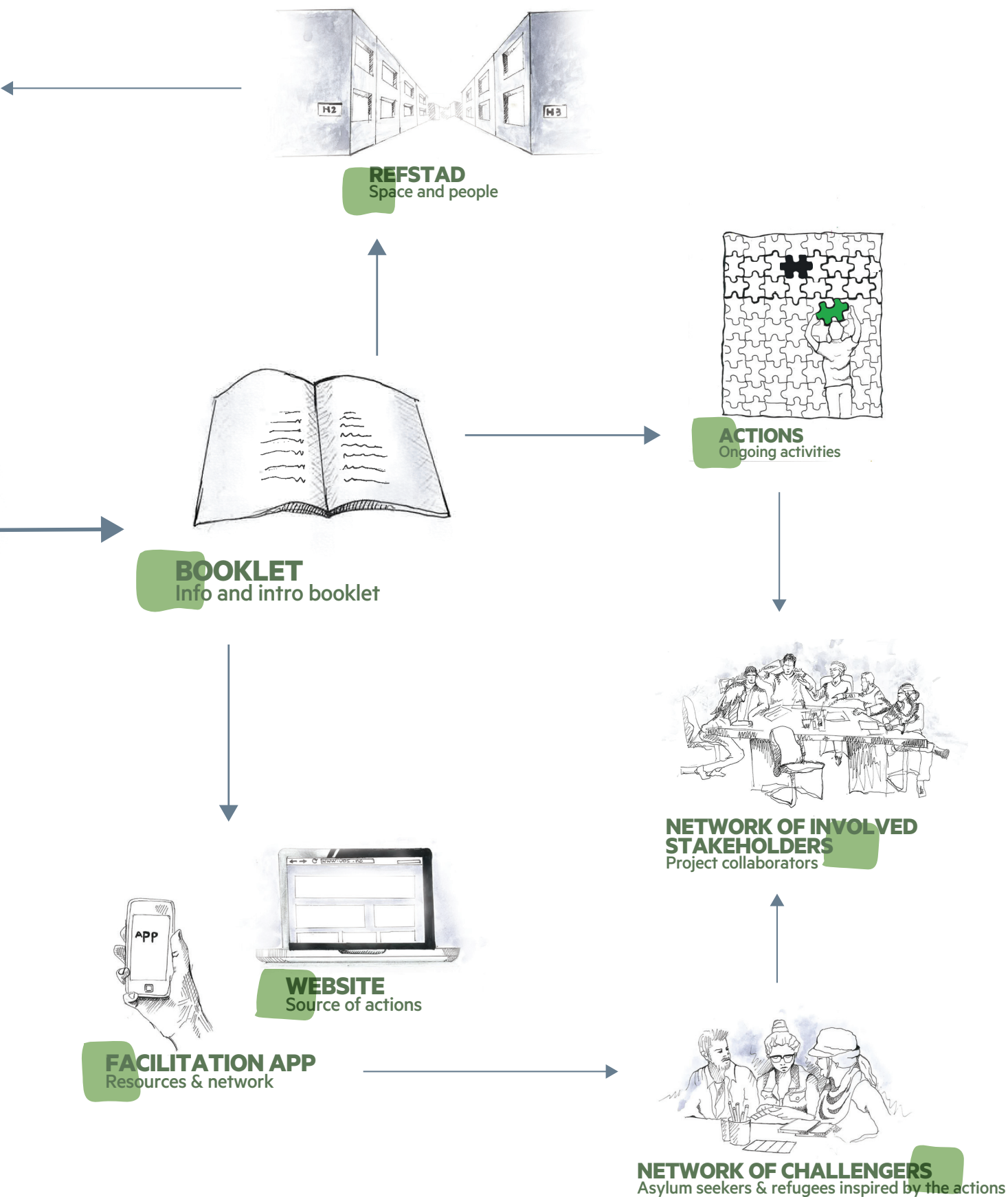
STORY CARDS
For you to write down your
story till now and picture
your view of the future

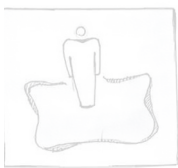


RESOURCE PACKAGE
Something which belongs
to you where ever you go

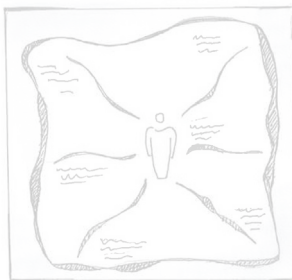


INDIVIDUAL GAME
Individual activity



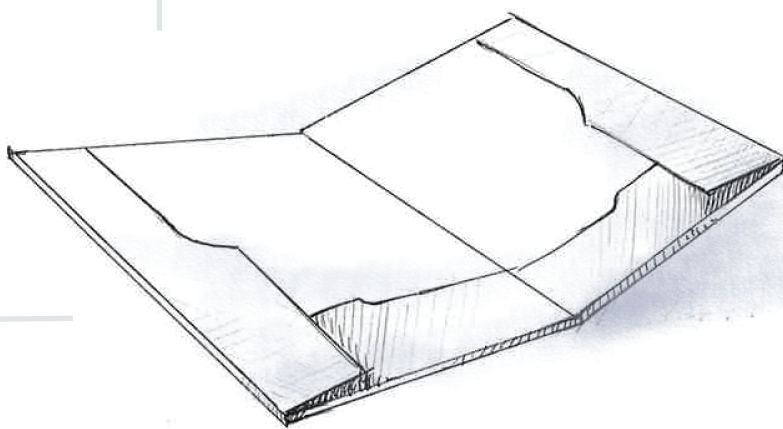


YOU CARD
Your sign in the history of the project



GROUP WORK CANVAS
Group activity canvas

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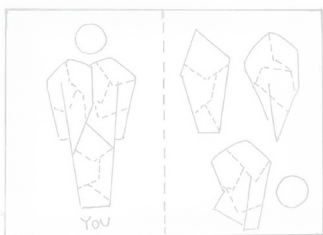


BOOK
Info and

RESOURCE PACKAGE

Something which belongs to you where ever you go

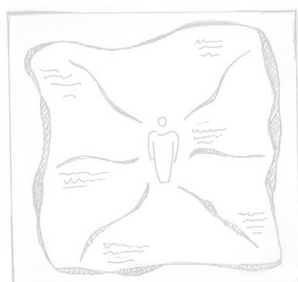
The whole package is for you to start or continue with something that you not only love to do, but are capable of doing it.



INDIVIDUAL GAME
Individual activity



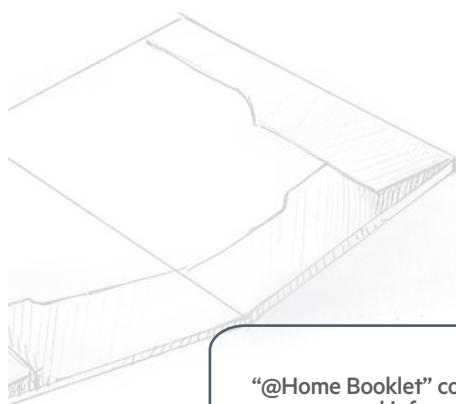
FACILITATION
Resources & network



GROUP WORK CANVAS
Group activity canvas

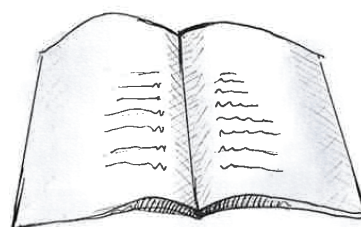


REFSTAD
Space and people



RESOURCE PACK
which belongs
wherever you go

"@Home Booklet" contains some general information which you may need to know for living at Refstad including some daily suggestions. It also gives you some general instructions for using each item inside the package.



BOOKLET
Info and intro booklet



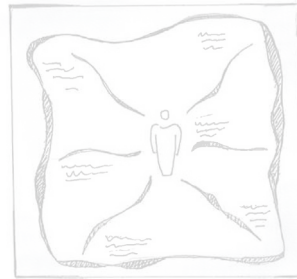
WEBSITE
Source of actions



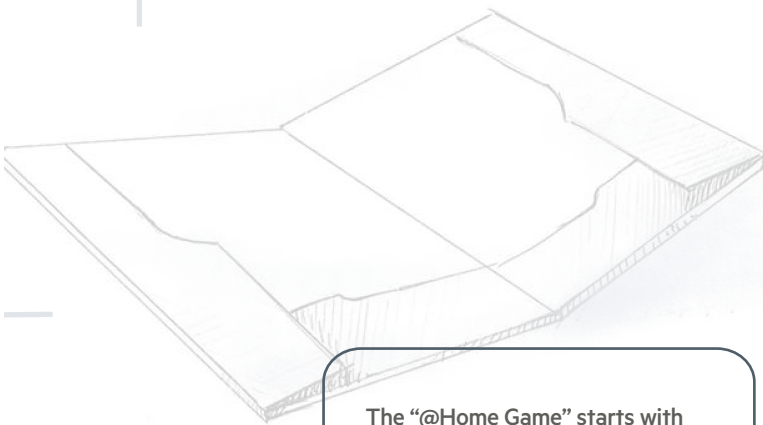
FACILITATION APP
Resources & network



YOU CARD
Your sign in the
story of the project

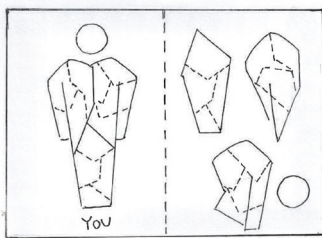


GROUP WORK CANVAS
Group activity canvas



RESOURCE
Something with
to you where

The “@Home Game” starts with an individual activity which you could do alone or with your friends. The aim of it is to help you recall and organize your skills and inner strengths. It makes you able to mirror your powers and see what you can do with them. It helps you to picture your vision and plan for their implementation as missions.



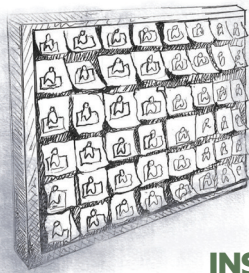
INDIVIDUAL GAME
Individual activity



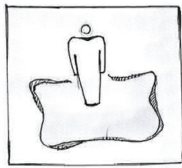
BOOKLE
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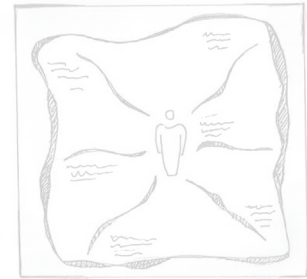
FACILITATION APP
Resources & network



INSTALLATION
History board



YOU CARD
Your sign in the history of the project



GROUP WORK CANV.
Group activity canvas

The "You card" is for you to fill after you're done with the "@Home Game". You shall write down your skill or anything you're good at and proud of, and put it on the "Wall of fame" Installation inside the center which will remain after you for inspiring others who will come and see the story.

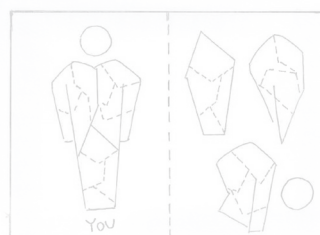


STORY CARDS

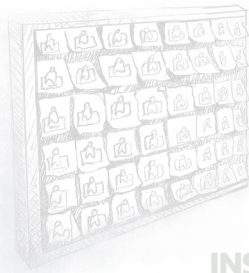
For you to write down your story till now and picture your view of the future

RESOURCE PACKAGE

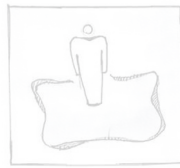
Something which belongs to you where ever you go



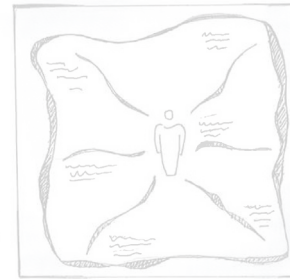
INDIVIDUAL GAME
Individual activity



INSTALLATION
History board



YOU CARD
Your sign in the history of the project



GROUP WORK CANVAS
Group activity canvas

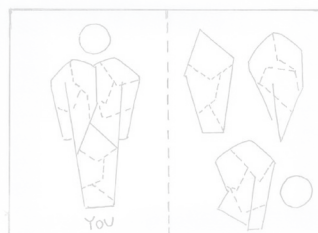


STORY CARDS
For you to write down your story till now and picture your view of the future

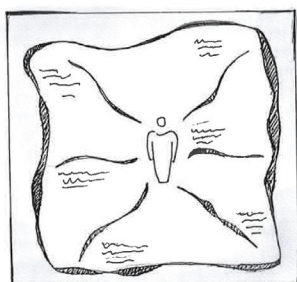
The "Story Cards" contain stories of former asylum seekers who has turned their vulnerabilities to capabilities and are now into their track of success. They are called "Challengers" and you can find more of their stories on the "@Home Website" and contact them at the "@Home App".

Then you also have the "Your Story Cards" to write down your own story so far and imagine your turn in the last paragraph. Someday your will get back to it when your paragraph is no longer a picture but a reality.

RESOURCE PACKAGE
Something which belongs to you where ever you go



INDIVIDUAL GAME
Individual activity



GROUP WORK CANVAS

Group activity canvas

In continuation of the “@Home Game”, you could bring your persona, visions and missions to a sharing platform which is either the “@Home App” or the regular “@Home Gatherings”, where you will find other people who have done the same and are interested to share it with eachother.

Then together, you could think and discuss possible activities that you all could build together.

For the “@Home Gatherings” there is the “@Home Canvas” with some instructions that you could get from the administration of Refstad.

BOOKLET

Info and intro booklet

PACKAGE

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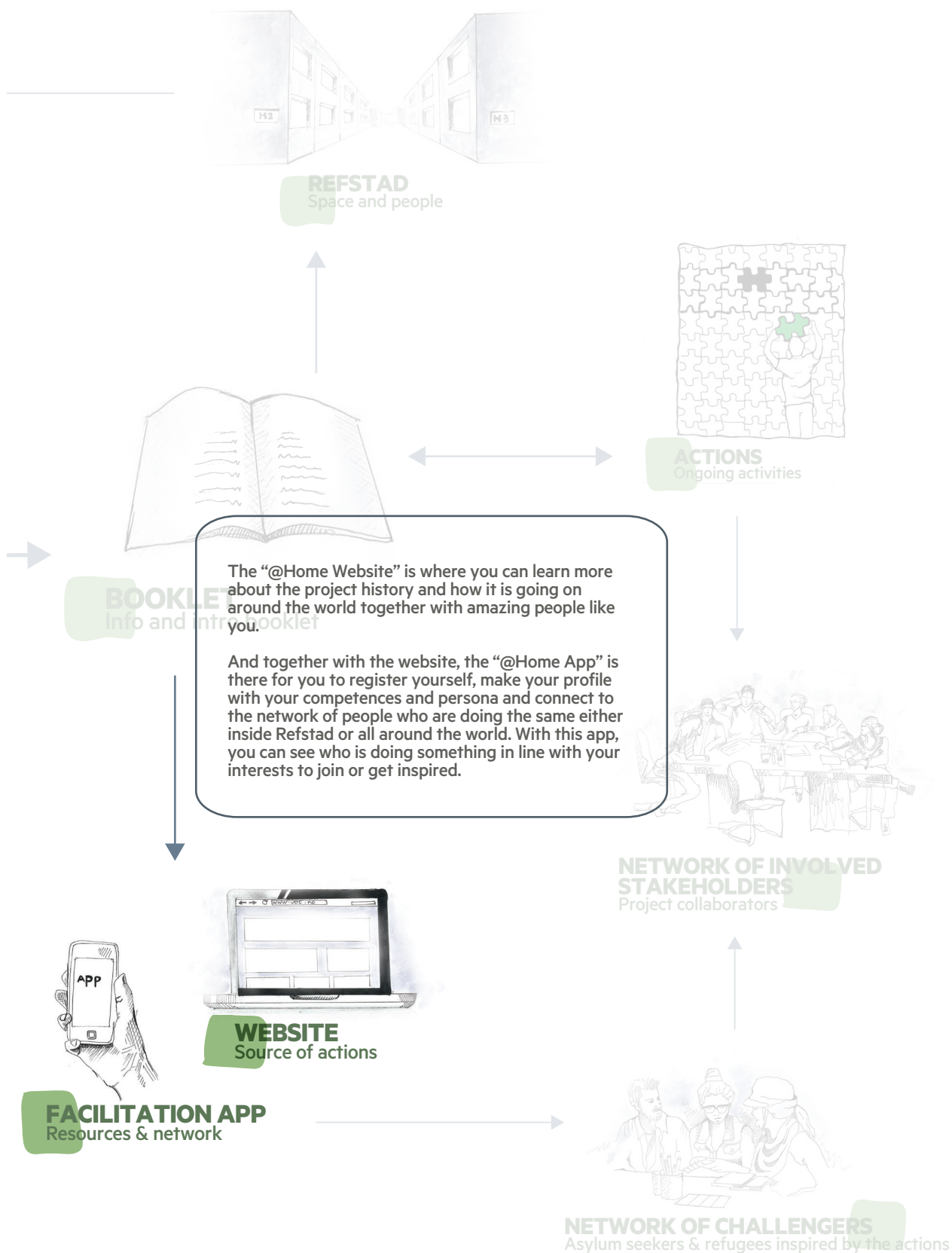
WEBSITE

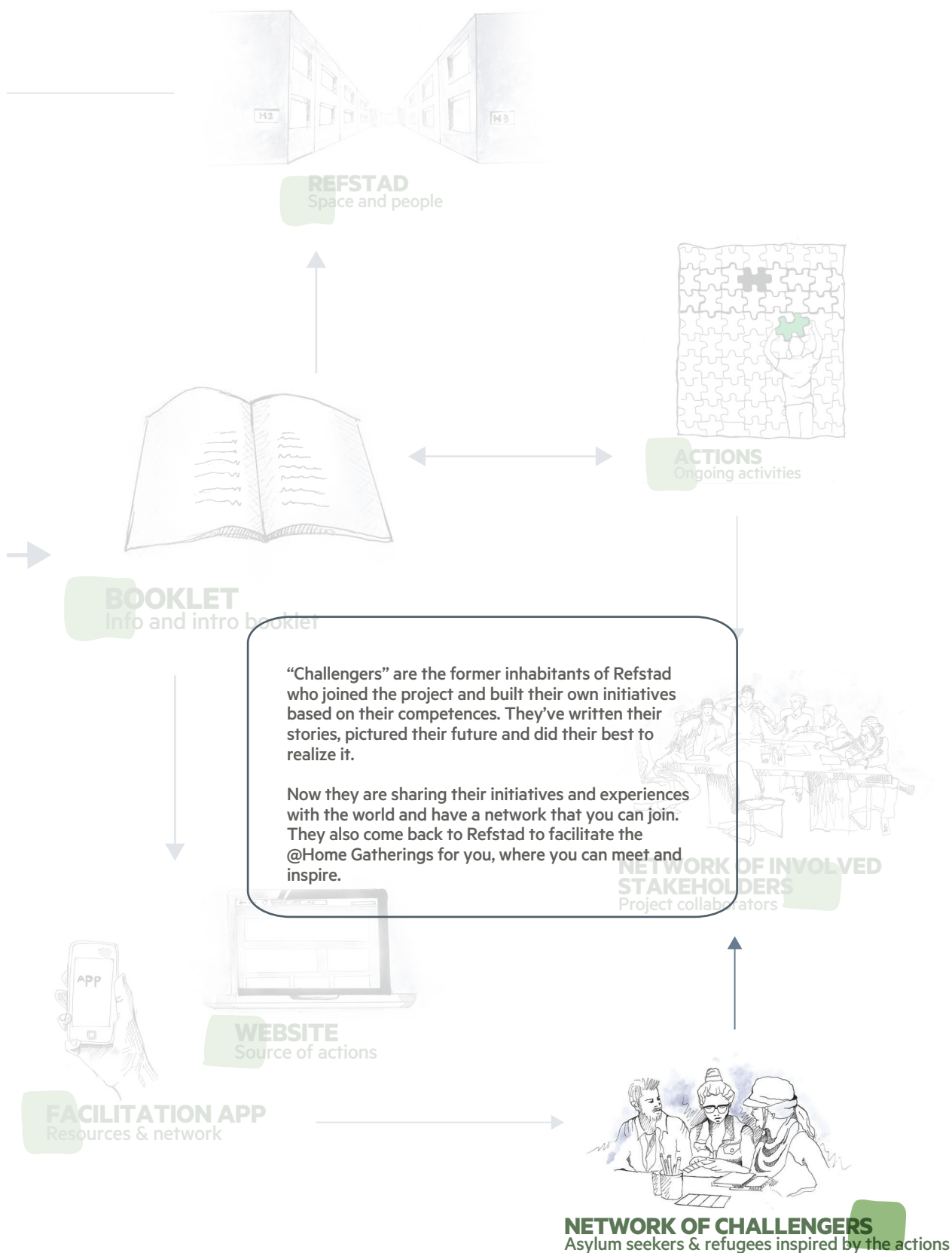
Source of actions

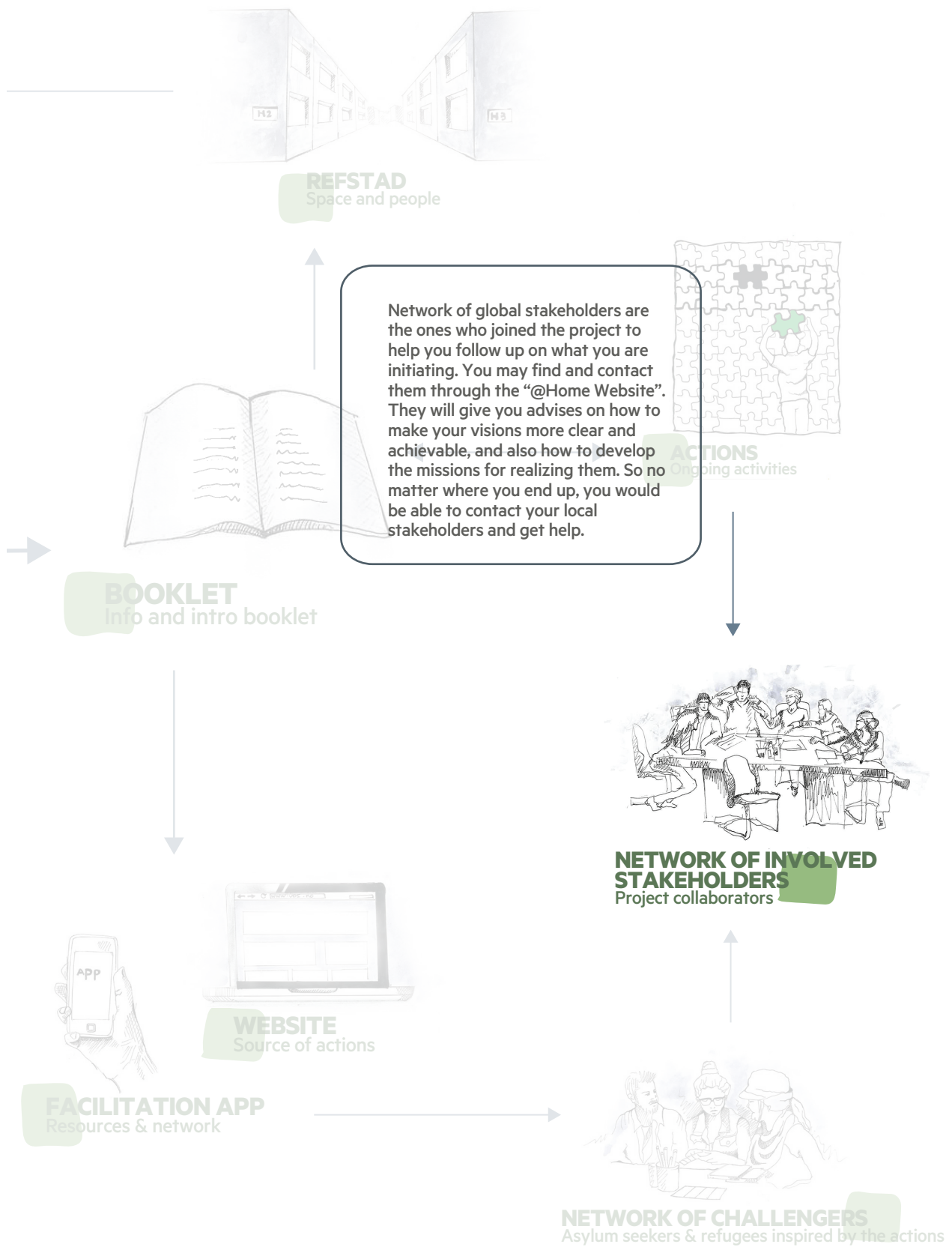


FACILITATION APP

Resources & network







let's start ...

• Chapter 1 (Awareness)

Required info & instructions of Refstad

What you may need to know about living at Refstad and in Norway. For other questions which comes to your mind, you could always go to the staff and ask.

Map of your journey

You may wonder about your next steps after Refstad and what you need to know or do.

WELCOME TO NORWAY

HERO welcomes you to Refstad Transit Mottak.

10 Facts About Norway

1. Norway has a population of about 5 million, and it is the second least densely populated country in Europe, with a majority living in Oslo and the eastern parts of the country.

The monetary unit in Norway is the Norwegian krone, NOK.

2. Norway has a very elongated shape, one of the longest and most rugged coastlines in the world, and some 50,000 islands off this extremely indented coastline. The length of the Norwegian coastline is 25.148 km, including fjords.

3. The highest peak in Norway is Galdhøpiggen 2469 meters above the sea.

4. Norway and Europe's northernmost point is the North Cape.

5. Kirkenes, Norway, is as far east as Cairo, farther east than Finland, and only 9 miles (15 km) from the Russian border.

6. Norway has the highest concentration of fjords in the world. Two of these, the Geiranger Fjord and the Nærøy fjord, feature on the Unesco World Heritage List.

7. The Lærdal Tunnel is the world's longest road tunnel at 15 miles (24.5 km).

8. The Nobel Peace Prize is awarded in Norway by a Norwegian committee.

9. Snorre Sturluson's Heimskringla (The History of Kings), written in the Old Norse Period (A.D. 1300–750), is still a bestseller in Norway today.

10. Norway was one of the founding nations of the United Nations in 1945, and the first U.N. Secretary-General was Norwegian Foreign Minister, Trygve Lie.



Capital: Oslo
Languages: Norwegian, Sami
Religion: Lutheran
Government: Unitary parliamentary constitutional monarchy
Total Area: 385,203 km²
Population: 5,267,146

<https://www.fjordtravel.no/>
<https://www.visitnorway.no/>

ABOUT TRANSIT CENTERS

What you many need to know about the transit centers.



All transit centres in Norway is run on behalf of the state, as in The Norwegian Directorate of Immigration (Utlendingsdirektoratet, UDI).

The transit centre is an offer of voluntarily domicile while you await your asylum case. UDI sets the rules, how much money you are getting and where you shall live. If you choose not to stay in the transit center, you lose the economic support and any other help from the asylum.

UDI is handling your application for protection, and the staff at the Centre has no influence on that. The stay at the transit center is temporary. You will be transferred to an ordinary asylum center as soon as possible. You will be notified to which asylum center you will be transferred to the night before the transfer.

UDI decides to which asylum center you are to move to, and you will then lose Your right to stay in the transit center.

UDI will try to take close family into account at the moving. As UDI is providing you with shelter and money to live for, there are also requirements for you to do your duties.

We expect that you participate on information meetings, respect the house rules and take responsibility for your own life.

The transit centre is a small society of different people who have come to Norway to seek asylum. They all have different religious and cultural background. Be a good ambassador for your people and show tolerance and respect for others. Even though we are different, we are equal.

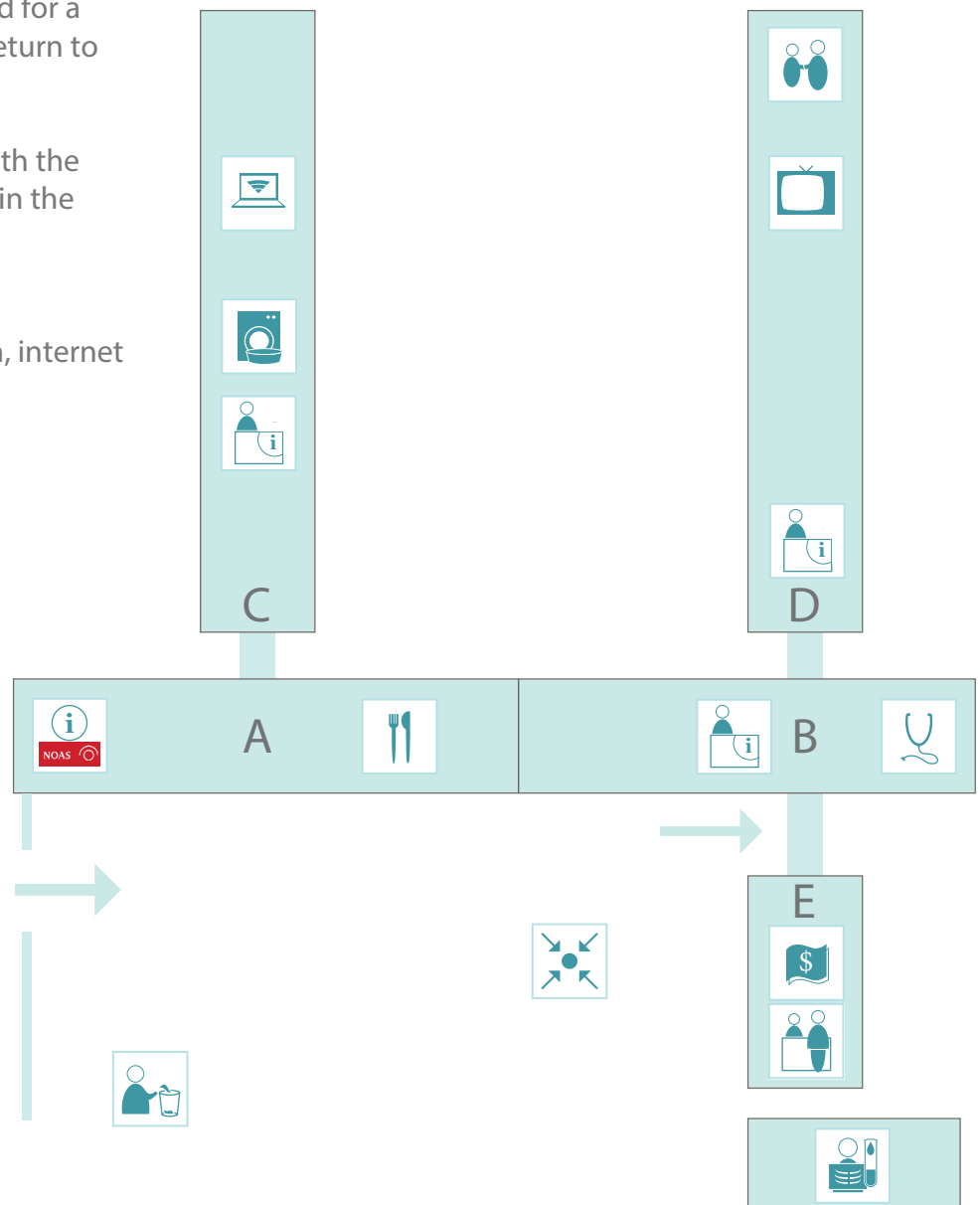
ROLES OF THE TRANSIT STAFF

The staff is available 24 hours a day. Everyone who works here has confidentiality. That means the staff is not giving out personal information about you without consent.



The staff is responsible for:

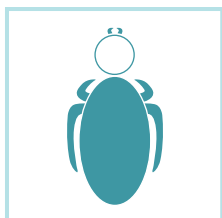
- That you are offered a good and safe housing.
- That you get useful information and guidance.
- That you get to know your rights and obligations.
- That you are being prepared for a future settlement or for a return to your home country.
- That you are familiarized with the activities at the center and in the local community.
- That you are able to obtain information from television, internet and other media.



map of the center

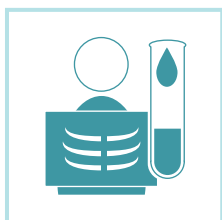
IMPORTANT AT REFSTAD

Important things that you may need to know about living at Refstad.



Bedbugs

To avoid spreading bedbugs, all belongings must be frozen for 48 hours. At arrival you must change clothes and hand in all belongings to be frozen down before you leave the reception area. We will provide you with new clothes and beddings.



Tuberculosis test

Everyone must be tested for tuberculosis, both by x-ray and blood tests. This is to determine whether you are infected and to be able to give treatment at an early stage. Follow the schedule you were given upon arrival.



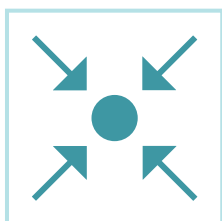
Cash payment

Cash payment is paid out the day after arrival, or the closest working day (Monday-Friday). Follow the schedule you were given upon arrival. main street and the back street as well are renowned for clothing, handicrafts, department store home accessories, and jewelry.



NOAS

NOAS is giving out information and guidance to all asylum seekers about the asylum process, protection criteria and other rights and duties.



In case of fire

The building is to be evacuated immediately if the fire alarm goes off. Everyone gathers at the marked meeting place.

Emergency Fire-departement: 110

ACCOMODATION AT REFSTAD

Overall points about life at Refstad.



Cantina

Three meals are served per day.

Breakfast: 8.00am - 9.00am

Lunch: 12:00pm - 13:00pm

Dinner: 17:00pm - 18:00pm



Laundry

The laundry is run by the staff, and you hand in and pick up your laundry. Monday - Friday: 12.00 - 9.00am, 1.30 - 12.30pm



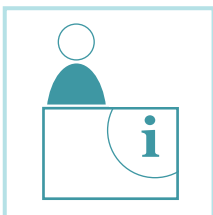
Health

Please contact the health office if you need medical help.

Monday-Friday: 11.30 - 8.30am, 3.00 - 12.30pm

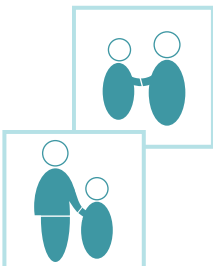
Saturday - Sunday: Please contact center staff.

Emergency numbers for Ambulance: 113



Environmental office

If you have any questions, please contact the closest environmental office.



Child care

The activities for children. Monday - Friday: 09.00 - 12.00am

Parents - are responsible to ensure their child abides by center rules.

Neighbors - it is important to be friendly towards neighbors and respect their property.

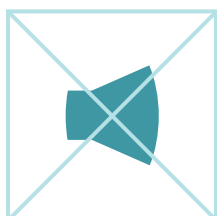
HOUSE RULES

To get a good environment at the center, there are a set of rules applying to all inhabitants. We ask of you that you respect these rules.



Cleaning

Inhabitants will participate in cleaning of rooms and common areas. It is important that everyone contributes in keeping toilets and showers clean. Before you move out, you must clean your room and take the trash to the skip.



Visitors - all visitors have to be registered in the reception. Overnight guests are not allowed and it must be quiet at 07.00am - 23.00pm.

Leave - It is not granted to leave during the stay at the center.

Absence - If you are absent, after three days you lose your right to stay. You will have to contact UDI to be granted permission to stay again.



Electric appliances

kettles, heaters, toasters etc. are prohibited to use in the rooms. They will be confiscated and handed back.



Smoking - is prohibited indoors.

Alcohol - consumption and storage of alcohol is prohibited.

Drugs - use and storage of any drugs is a criminal offence and will be reported to the police.

Vandalism - is prohibited and you will be held financially responsible.



Fire and security

Open flames indoors are not allowed. Fire Instruction is posted in every room. Read it and make sure you understand the information. Never touch or remove the fire alarm. If you destroy it or set the alarm off you will be held financially responsible.

IMPORTANT CONTACT INFORMATION

You may need to go in contact with these organizations while your stay.



The Norwegian Directorate of Immigration (UDI)

Web: www.udi.no

E-mail: ots@udi.no

Phone: +47 - 23351600

Office adresse: Hausmannsgt. 0282 ,21 Oslo



POLITIET
POLITIETS UTLENDINGSENHET

The National Police Immigration Service (PU)

Web: www.politi.no/politiets_utlendingsenhet

E-mail: politiets.utlendingsenhet@politiet.no

Phone: +47 - 22342400

Office adresse: Økernveien 0653 ,13-11 Oslo

Emergency Police: 112



International Organization for Migration (IOM)

Web: www.iom.no

E-mail: osloreturn@iom.in

Phone: +47 - 23105320

Office adresse: Skippergata 0154 ,33 Oslo



The Immigration Appeals Board (UNE)

Web: www.une.no

E-mail: postmottak@une.no

Phone: +47 - 21085000

Office adresse: Stenersgt. 1B/c, 0050 Oslo

NOAS



Norwegian Organisation for Asylum Seekers (NOAS)

Web: www.noas.org

E-mail: noas@noas.org

Phone: +47 - 22365660

Office adresse: Torggata 0183 ,22 Oslo

YOUR JOURNEY AFTER REFSTAD

Become Functional Citizens within the Civil Society

With job, education, social life

you will receive introductory courses and professional qualification courses

,Language
,Internship
,Social studies
,Optional courses
Nokut for educateds

you will have a personal assistant who will contact and guide you through the rest of the process

you will receive a message from kommune about the introduction program

UDI

Norwegian Directorate of Immigration

Various kinds of information will be given to you all along the process

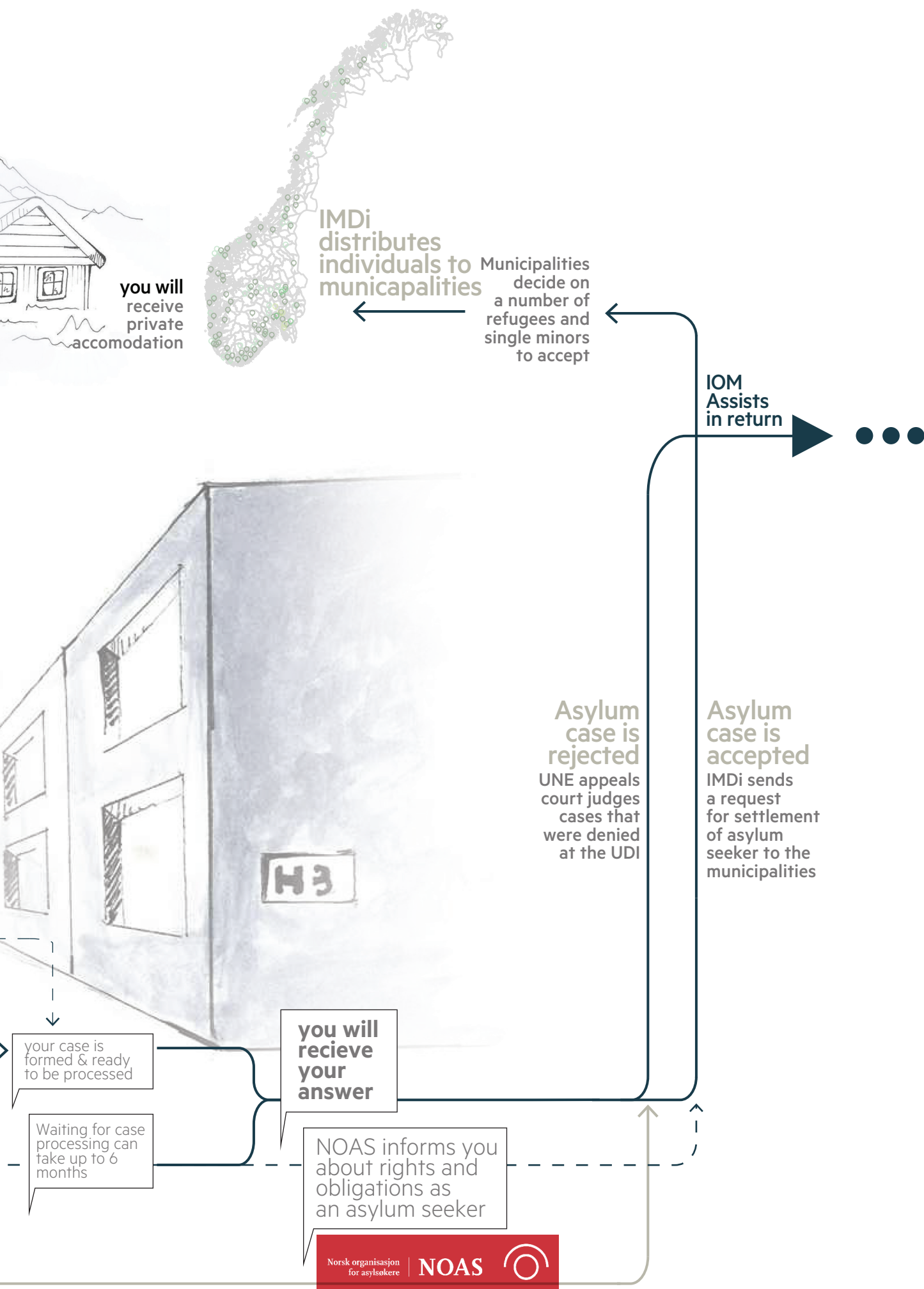
ARRIVAL CENTER
Temporary reception center

you are here in TRANSIT CENTER
A temporary reception center

You will have In depth interviews & assistance

you might go to **INTEGRATION CENTER**
long-term reception center

you might go to **ORDINARY CENTER**
long-term reception center



• Chapter 2 (Activity)

Take out the game folder from the package and start with the instructions. Then refer to the website and app to explore their space and function.

The “@Home Game”

Individual and group activity

Follow up

Possibilities and implementation plan

**take out the
game canvases ...**

• Chapter 3 (Recommendations)

General info about living in Oslo

Links to learn about Norway

Links to learn about Oslo

Directions

Culture

Popular items

General info for you to have fun :)

Links of online communities

Links of good movie websites

Links of good book websites

Links of good music websites

Links of good and useful apps

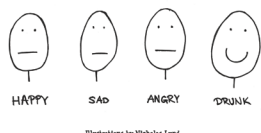
General exercises for you to workout

Visualized exercises and yoga movements

ABOUT NORWAY

What you may need to know and learn about Norway.

The Social Guidebook to Sweden
An Illustrated Introduction
Julien S. Bourrelle



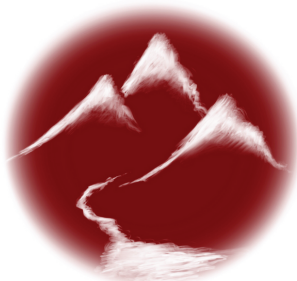
<https://www.thesocialguidebook.no/>

Website and book to guide foreigners on how to socialize, communicate and connect with Norwegians, Swedes and Danes.



<https://www.heartmybackpack.com/norway/>

Blog about life and travel in Norway.



<https://www.lifeinnorway.net/>

Information guide for English speakers living and working in Norway, and for those who want to make the move to Norway.

NORWAY
POWERED BY NATURE

<https://www.visitnorway.com/>

The official travel guide to Norway with thousands of local tourism offices and destination marketing organisations.

ABC
norwegian

<https://norwegianabc.com/>

Free online norwegian language lessons with all the materials you need.

ABOUT OSLO

What you may need to know and learn about Oslo and have a cheap fun around the city.



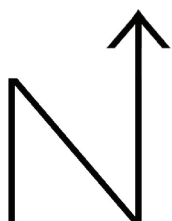
<https://www.visitoslo.com/>

All information you need to plan your visit to Oslo.



<https://www.oslo.com/v/festivals/>

Information about regular events held around Oslo.



<https://www.routesnorth.com/>

Travel guide covering Sweden, Denmark and Norway based on your budget.



<https://www.meetup.com/topics/hiking/no/oslo/>

Hiking Meetups happening near Oslo where you can sign up and join.

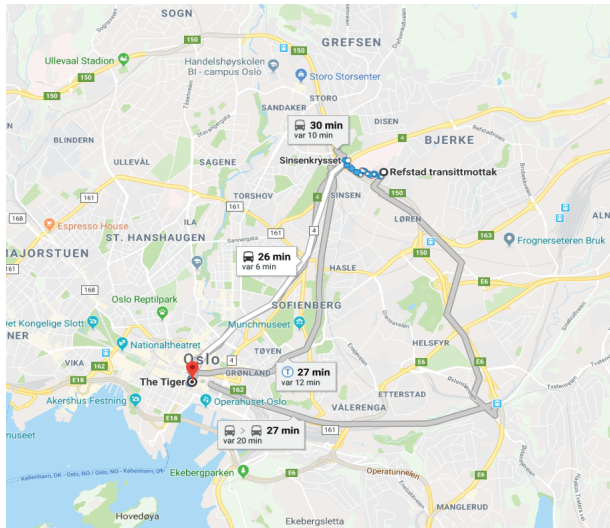


<https://outdoorlife.dntoslo.no/>

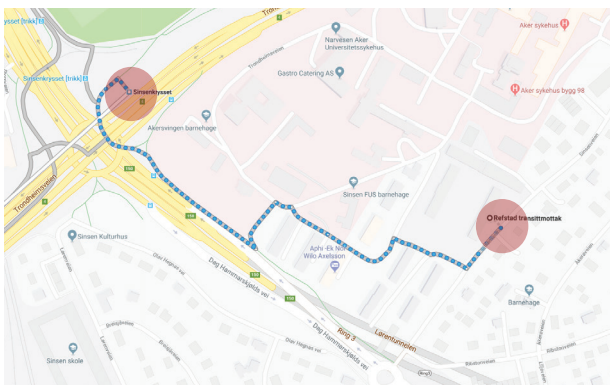
Outdoor life in Oslo with local hiking groups and meetups

DIRECTIONS

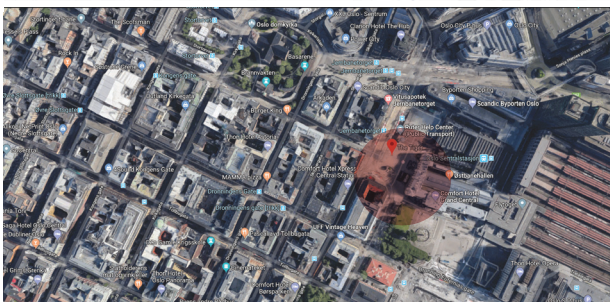
How to get to the Oslo city center:



From
Refstad Transitt Mottak
Sinsenveien 76 ,0586, Oslo
Tell: 20 43 52 21
To
Jernbantorget
Oslo central station



- Go About 10 min , 750 m
- Be car eful - may contain errors or sections that are not suitable for pedestrians
- Go against to the southwest on Sinsenveien 67 m
- Turn Right 100 m
- Turn left 110 m
- Weak turn left 59 m
- Turn left 22 m
- Turn left 72 m
- Sharp turn Right 350 m
- The destination will be on the right side
- Sinsenkrisset



Go to the other side of the highway through the underground.

Then take the bus no.31 and go 9 stops for 15 mins.

Then you will reach the central station.

You will see the Tiger of Oslo outside.

- Sinsenkrisset
- 31 Snaroya 15 min (9 stops) The line is powered by routers Bus
- Sinsen T (buss)
- Carl Berner's place
- Sofienberg
- Lakkegata school
- Heimdalsgata
- Hausmanns gate
- Brugata
- Jernbanetorget

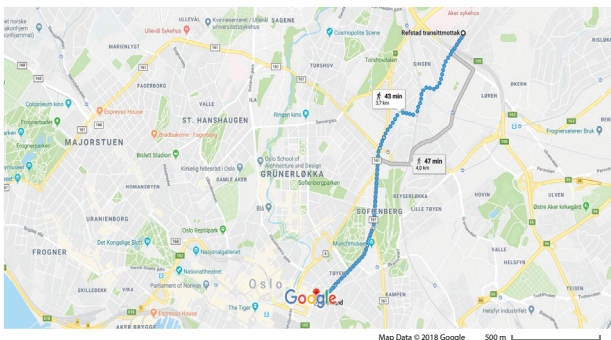


This big tiger statue is the symbol of Oslo and as everyone know it, is normally a good place to meet up.

TO BUY FOOD

Grocery stores based on their average prices.

cheapest



Grønland

Olafiangangen 0188,1 Oslo

Mid-eastern shops with fruits and vegetables plus cheap clothes.

1. Go to the southwest of Sinsenv eien against Ribst onveien
Go through 1 roundabout 1,1 km
2. Turn right to continue on Sinsenv eien 200 m
3. Turn left to continue on Sinsenv eien 300 m
4. Turn right to Hasle veien 9 m
5. Turn left to Trondheimsveien / FV4 120 m
6. At the roundabout take the 3rd exit onto Finnmark gate / Fv161 / Fv4
Continue to follow Finnmark gate / Fv161 850 m
7. Turn right towards Tøyengata 200 m
8. A little to the right to Tøyengata 800 m
9. Turn right to Greenland camp 51 m

average

**REMA
1000**

**KIWI mini pris
Rimi**

Grocery Stores

They are located all around the city.
It showed that the cheapest store on average are these ones.

expensive

NARVESEN

joker

Deli Luca

7-ELEVEN

Grocery & Food Stores

They are located all around the city.
These are considered very expensive but available in late hours.

SHOPPING MALLS

Top 5 Places to Budget Shop in Oslo.

10 am - 8pm/Monday to Friday, 10 am - 6 pm on Saturdays, and closed on Sundays

The majority of the banks in Oslo stay open until 5 pm.



Byporten Shopping

<http://www.byporten.no/>

The newest and most modern shopping center of Oslo which includes over 70 shops and stores.



Oslo City Shopping Center

The largest and most popular spot for bargain shoppers in the city with nearly 90 shops and restaurants combined.



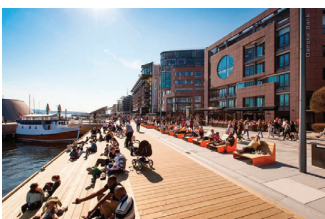
Karl Johans Gate Shopping Area

Situated on the most famous pedestrian street in Oslo. Countless shops along with several restaurants and numerous street entertainers are the primary features of this historical budget shopping venue.



Paleet Shopping Center

Situated in close proximity to Karl Johans gate. Paleet features 13 different restaurants and roughly 45 shops.



Aker Brygge

A shipyard that has been turned into a shopping center.

TRADITIONAL DESSERTS

Popular desserts and sweets in Norway and Scandinavia.



Norwegian Chocolates

Some of the famous Norwegian chocolate bars in Norway.



Vaffelrøre

In Norway, these are the quintessential snack food. Children sell them by the side of the street, like lemonade. They are served at huts out on the hiking/ski trails together with brown cheese and jam.



Rømmegrøt

After a hearty Norwegian meal, diners indulge in a sweet milk dish called gomme or rømmegrøt, which is a sour cream porridge. For the 17th of May, Norwegians serve Rhubarb, often made into a compote with layers of egg cream.



Berries

Strawberries, bilberries, lingonberries, raspberries and apples are popular and are part of a variety of desserts, and cherries in the parts of the country where those are grown.

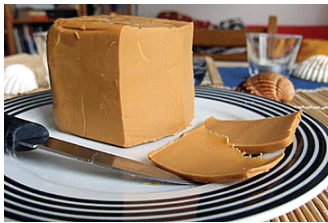
POPULAR PRODUCTS

Popular dishes and products in Norway.



Byporten Shopping

it's the most popular bread and normally comes in two varieties Knekkebrød, or grain-pattern rye, and Flatbrød, or thin rye that's hard and dry and cracks easily. But there are also hearty wheat and whole grain varieties.



Gjetost

Jarlsberg cheese that the Norwegians export. It is a brown goat cheese with an amber color and creamy texture.



Drinks

4.5 percent Norwegian beer and "blande," which is a cheap drink made from water and soured whey, are popular. Norway also imports wine which can be pricey.

Point: It is not allowed to drink outside and in the streets.



Breakfast

Popular Norwegian dish for breakfast.



Mid-day snack

Popular Norwegian dish for mid-day.

POPULAR MEALS

Popular dishes and meals in Norway.



Lapskaus

- stew: resembles Irish stew, but mincemeat, sausages or indeed any meat except fresh pork may go into the dish.



Fårikål

- mutton stew: the national dish of Norway. Very simple preparation: cabbage and mutton are layered in a big pot along with black peppercorns, salt (and, in some recipes, wheat flour to thicken the sauce), covered with water and simmered until the meat is very tender. Potatoes on the side.



Syltelabb

It is usually eaten around and before Christmas time, made from boiled, salt-cured pig's trotter. They are traditionally eaten using one's fingers, and served as a snack and sometimes served with beetroot, mustard, and fresh bread or with lefse or flatbread. Historically syltelabb is served with the traditional Norwegian Christmas Ale.



Pinnekjøtt

With swede purée and potatoes, Pinnekjøtt is a main course dinner dish of lamb or mutton ribs, and this dish is largely associated with the celebration of Christmas in Western Norway and is rapidly gaining popularity in other regions as well. Pinnekjøtt is often served with puréed swede (rutabaga) and potatoes, beer and akevitt.



Game

Fish which is poached, smoked, grilled, fried, salted and dried, and cured. Made with salmon filets marinated in a dill mixture and served with piquant mustard sauce.

ONLINE COMMUNITIES

Links you may need to find sources of good music online.



<https://www.internations.org/norway-expats>

Connect with fellow expats in Norway.

Join exciting events and groups.

Exchange tips about expat life in Norway.



Speak Norsk Oslo

Talk to your Norwegian teacher and work together :)



Where in Oslo

Where in Oslo: <https://whereinoslo.com>

Super Social: <https://supersocial.no>

Meet with awesome people offline.



New to Oslo

A social network and positive resource for sharing anything related to living, working, moving to Oslo, or Norway in general.



Join the fun in Oslo

Experiment the Norwegian lifestyle (gå på tur ?!)

MOVIES

Links you may need to find a good movie online.



<https://goodmovieslist.com/>

Detailed movie information received from TMDb. Information about TV mini-series received from TVDB.



<https://www.streamdor.com/>

One of the web's largest catalog of online movies.



<https://tv.nrk.no/>

Norway's biggest mediahouse with a wide range of content.



<https://www.youtube.com/playlist?list=PLDySQNnzfMCqoBxquMEhCOi0GUEB1RbCf>

Full length free online movies on youtube



<http://www.imdb.com/chart/top>

Top movies of all time. IMDb is the most authoritative source for movie, TV, and celebrity content.

BOOKS

Links you may need to find a book to read or listen to.

goodreads

<https://www.goodreads.com/>

The world's largest site for readers and book recommendations.



<https://bookriot.com/28/08/2017/free-books-online/>

15 sites where you can read free books online.

LibriVox

<https://librivox.org/>

A platform to find audio books and also help with the effort of making all books in the public domain available for free.



<https://archive.org/>

A digital library of Internet sites and other cultural artifacts in digital form with universal Access to All Knowledge.



<https://www.academia.edu/>

A platform for academics to share research papers and accelerate the world's research.

MUSIC

Links you may need to find sources of good music online.



SoundCloud

Works by users and artists uploading music for you to freely listen to.



Dash Radio

Internet radio with dozens of free stations in lots of different genres.



Google Play

One of the fastest-growing places to listen to free music online.



Jamendo

Free music downloads made available through creative commons licensing.



Free Music Archive

An interactive library of high-quality, legal audio downloads directed by WFMU.

USEFULL APPs

What you may need to have on your phone for your everyday life.



Duolingo

Access to a private tutor to learn new languages and practice everyday.



Yr App - Weather forecast for Norway

Get today's weather as push notification, every morning



Slack

Professional chat app for businesses and work environments. You can create various channels for tasks or groups of people.



meetup

Meetups happening around you where you can sign up and join.



Ruter App - Transportation in Norway

Buy transportation ticket anywhere and at any time and find your way around the country.

FULL BODY WORKOUT

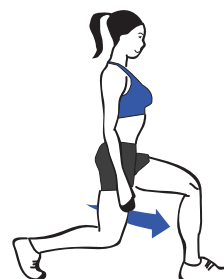
Workouts that you may like to do sometimes during the week.



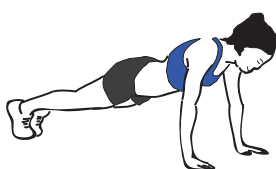
50
Jumping Jacks



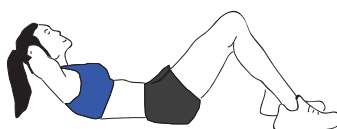
50
Squat Jumps



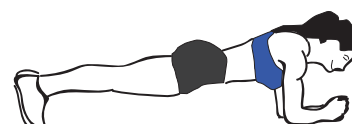
25
Jump Lunges



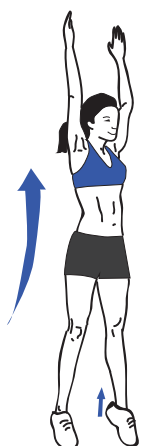
25
Push ups



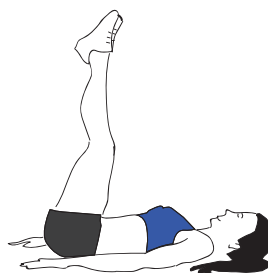
25
Sit ups



1 min
Plank



25
Burpees



25
Leg Raises



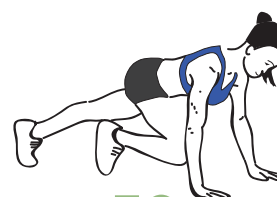
25
Tuck Jumps



50
High Knees



50
Dips



50
Mountain Climbers

YOGA MORNING ROUTINE

Yoga poses that you may like to do sometimes every morning.



60-30 sec
Childe Pose



60-30 sec
Low Lunge



60-30 sec
Wide leg



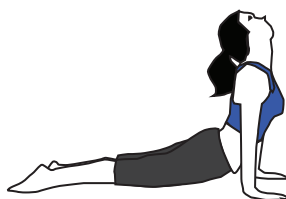
60-30 sec
Lunge Twist



60-30 sec
Dog



60-30 sec
Chest to Thigh



60-30 sec
Upward Dog



60-30 sec
Lotus Pose