# PREDICT Final Dissemination Workshop

19-20 January 2026, Forskningsparken, Oslo

# Travel Guide

## Meeting venue

The workshop takes place at **Forskningsparken (Oslo Science Park), Gaustadalléen 21, 0349 Oslo**, next to the University of Oslo's Blindern campus, about 4.6 km north-west of the city centre.

- **Metro (T-bane):** lines **4** and **5** to **Forskningsparken** station, then about a 6-minute walk following the signed pathway to the main entrance.
- **Tram:** lines **17** and **18** to the Forskningsparken stop, also about a 6-minute walk.
- **Alternative metro stop:** Blindern (same lines 4 and 5); cross the footbridge and follow signs to Forskningsparken.

The metro is the easiest option: lines 4 and 5 run through all central stations (Oslo S/Jernbanetorget, Stortinget, Nationaltheatret, Majorstuen) and reach Forskningsparken in roughly 10–15 minutes. Directions: Oslo Science Park · Google Maps

## Arriving in Oslo

Most participants will land at **Oslo Airport Gardermoen (OSL)**, about 50 km north of the city. The cheapest good option is the regular **Vy train** to Oslo Central Station (Oslo S), then the metro to Forskningsparken.

| Option | Time to Oslo S | Adult price, one way | Notes |
|---|---|---|---|
| Vy regional/local train | 23–30 min | about NOK 125–135 | Same airport station as Flytoget. Buy in the Ruter or Vy app or at machines; a Ruter airport ticket also covers onward metro travel while valid. |
| Flytoget (Airport Express Train) | 19 min | NOK 276 | Every 10 min; roughly double the Vy price. Ruter tickets are **not** valid. |

**From Oslo S to the venue:** take metro line 4 or 5 westbound (via Stortinget and Majorstuen) to Forskningsparken, about 12 minutes. Total door-to-door from the airport: roughly 60 minutes.

Flying into Sandefjord Airport Torp? Allow 2 hours or more by bus or train; check Entur for connections.

## Budget hotels

All eleven hotels below cost roughly **NOK 750–1,400 per night** and reach Forskningsparken in **30 minutes or less** by metro. City-centre hotels are cheapest and have more restaurants nearby; hotels on the metro line north of the venue are 1–6 stops away.

| Hotel | Area | Approx. price (NOK/night) | Door-to-door to venue | Breakfast | Notes |
|---|---|---|---|---|---|
| Thon Partner Hotel Ullevaal Stadion, Sognsveien 77C | Ullevål, near venue | 1,100–1,400 | ~12 min (metro 4/5, 1 stop from Ullevål stadion; or ~20 min walk) | Yes | Closest option; airport bus stop 100 m away |
| Radisson Blu Hotel Nydalen, Nydalsveien 33 | Nydalen | 1,100–1,300 | ~15 min (metro 4/5 from Nydalen, 3 stops) | Yes | Opposite Nydalen metro; business district |
| Thon Hotel Storo, Storo | Storo | 1,150–1,350 | ~18 min (metro 4/5 from Storo) | Yes | Very well reviewed; next to Storo shopping centre |
| Scandic Olympiatoppen Sportshotel, Sognsveien 228 | Sognsvann | 1,000–1,400 | ~20 min (metro 5 from Sognsvann) | Extra (~NOK 200) | Small, simple, next to forest and lake; quiet evenings |
| P-hotels Oslo, Grensen 19 | City centre | ~900–1,200 (not verified) | ~15 min (metro from Stortinget, 2 min walk) | Breakfast bag | Very central |
| Smarthotel Oslo, St. Olavs gate 26 | City centre | 700–1,000 | ~20 min (metro from Nationaltheatret) | Extra | Often the cheapest; small rooms |
| MediInn Hotel Oslo, Munchs gate 5 | City centre | 900–1,300 | ~20 min (metro from Nationaltheatr | Yes | Good value with breakfast included |

| Hotel | Area | Approx. price (NOK/night) | Door-to-door to venue | Breakfast | Notes |
|---|---|---|---|---|---|
| | | | et/Stortinget) | | |
| Comfort Hotel Xpress Central Station, Fred Olsens gate 11 | Oslo S | 850–1,150 | ~20 min (metro from Jernbanetorget) | Grab-and-go, paid | Easiest if arriving by airport train |
| Comfort Hotel Xpress Youngstorget, Møllergata 26 | City centre | 750–1,100 | ~20 min (metro from Stortinget) | Grab-and-go, paid | Self check-in; lively area |
| Citybox Oslo, Prinsens gate 6 | City centre | 800–1,200 | ~22 min (metro from Jernbanetorget/Stortinget) | Extra | Self-service hotel, 5 min from Oslo S |
| Anker Hotel, Storgata 55 | Grünerløkka edge | 800–1,150 | ~25–30 min (walk or tram to Jernbanetorget, then metro) | Yes | Anker Hostel in the same building for the lowest budgets |

Prices are typical weeknight rates for a standard room seen on booking sites in September 2026; they rise sharply during big events, so check your dates. *Note:* Gaustad Hotell, often listed online as the hotel next to Rikshospitalet, has been demolished and is not bookable.

## Getting around

Every hotel above and the venue are in **Ruter zone 1**, so one zone-1 ticket covers metro, tram, bus and local trains.

| Ticket (zone 1, adult) | Price |
|---|---|
| Single, valid 60 min with transfers | NOK 46 |
| 24-hour | NOK 137 |
| 7-day | NOK 379 |

- Buy tickets in the **Ruter app** (English available) before boarding, or buy a refillable travel card (reisekort) at Ruter's customer service centre at Jernbanetorget, the Oslo Visitor Centre, or Narvesen and 7-Eleven shops. You cannot pay with a bank card on buses, trams or the metro, and the fine without a valid ticket is steep. The app's journey planner gives live departures.
- For a 2–3 day workshop with daily trips, the 7-day ticket usually pays off from the third day.

- Lines 4 and 5 run every few minutes through the city centre; Forskningsparken is about 8 minutes from Nationaltheatret and 12 from Oslo S.

Prices from Visit Oslo, valid from 25 January 2026.

## Practical tips

- **Book early.** Budget rooms in Oslo sell out fast, and prices can double during large conferences or sports events.
- **Payment:** cards and phone payments are accepted almost everywhere and cash is rarely needed. Public transport is the exception: you cannot pay by bank card on board, so get a ticket before travelling (see Getting around).
- **Currency:** Norwegian krone (NOK); roughly NOK 10 = USD 1 and NOK 11.5 = EUR 1.
- **Power:** 230 V, plug types C/F (standard European).
- **Tap water** is safe and good to drink.
- **Weather:** January in Oslo is cold, typically around −2 °C by day and −7 °C at night, and colder snaps to −15 °C or below are possible. Expect snow and icy pavements, and only about 6–7 hours of daylight (roughly 09:00–15:30). Bring a warm winter coat, hat, gloves and shoes with good grip; slip-on ice grips (brodder) sold in Oslo shops help on icy hills, including the walk up to Forskningsparken.
- **Food near the venue:** lunch is provided at the workshop on all meeting days. For dinner, the city centre, Grünerløkka and Majorstuen offer the most choice.