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TRONDHEIM
2021/VOL.2

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IN THIS ISSUE

Letter from the Editor

Happy winter, readers of The List Magazine.

Jaya Thomlison *Editor-in-chief*

NORWEGIAN SOCIETY HAS OFFICIALLY 're-launched' this fall and just in time for the most sociable time of the year. The List partnered with initiatives to help spark 'togetherness'. Namely, the successful Sparebank1 SMN program 'Finally Folk-Life', supporting small cultural actors and organisers across the city, bringing hundreds of events to life in October. The List would also like to extend our gratitude as a proud recipient of Sparebank1 SMN's 'samfunnsutbytte' in 2021. Thank-you for supporting us to help showcase how the people of Trondheim are helping to meet UN SDGs!

Our partners Trondheim Municipality and UN Centre of Excellence in Trondheim have also been busy helping to secure Trondheim 1 of 3 cities in Europe to be awarded the European Union's *Rising Star City of Innovation* (iCapital) 2021 – 2022. Yay! Trondheim Municipality is also creating a new 10-year municipal and community plan, focusing on citizen involvement. Over 6,000 residents have already provided their feedback, with many participating in the 'Open Assembly'.

Our team of contributors have used the last two months to participate in landmark events like the opening of K-U-K, centre for young artists. Additionally, collecting a number of upcoming events and fun activities to help you make the best of this winter season.

Winter is a time of reflection, for many. The holiday period can also be challenging, causing loneliness and added mental pressures. In this issue we have

curated thoughts and tips for well-being, sharing a column from Olympic Snowboarder and 'Mesternes Mester' 2nd place winner, Kjersti Buaas. Flip forward for our Regional Winter Guide, providing (safe) ideas for being social and active. Trondheim Christmas Market will soon be open for the public, so make sure to stop by and perhaps we'll be able to snap a picture of you at this year's newest feature brought to you by Midtbyen Management – the winter wonderland Ferris Wheel.

Keep warm, stay healthy.



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IN THIS ISSUE

Contributors



Photo Linnéa Isaksen

Saria Wail is one of Norway's few female hip hop/ R&B artists and a local recording artist featured on NRK 'Untouched'. She is entrenched in Sudan's music scene, where she was born and raised until the age of 14. She is currently studying International Studies at Oslo New College and resides permanently in Trondheim. Saria brings a lively, inclusive and worldly perspective to The List. Her journalism pushes for representation.



Photo Chanelle Sladics

Kjersti Østgaard Buas is a 4x Olympic snowboarder and Olympic medalist from Trondheim who has competed in the professional Snowboard Tour for 20 years. She is one of few women who has successfully transitioned from halfpipe to Slopestyle, to big air and Freeride competitions, winning medals in the Olympics, X Games & the US Open. Kjersti is inspired by adventure, nature, the PRSNT moment and creativity. Together with PRSNT she hosts women's retreats all over the world focusing on meditation, breathwork, and healthy, active lifestyles.



Linnéa Johansson is an internationally recognized artist and graphic illustrator. She has works presented around the world and has established a large following in Spain, with her graphic illustrations depicting societal commentary. In 2015 she received media reclaim for her coloring book *Super-Soft Heroes*, depicting superhero's softer, more human side to help children embrace their emotions. Originally from Sweden, Linnéa resides in Trondheim, and you have probably seen her characteristic street art brightening up our city streets.



Photo Gwen Elliott

Jonas Langset Hustad makes educational media at NTNU. He spends his free time making his synthesizer go bleep bloop, and is an instructor in the martial art Capoeira. He enjoys looking at the sky more than most people do, and has lived in Trondheim all of his life. He once came fourth in the Basse World Championship, just one position short of a feat worth mentioning.



Photo David O. Skarbø

Jéleena Rai originally from Toronto, Canada, and is currently a second-year student at the Norwegian School of Photography. She explores her artistic realm through mixed media and is becoming a well-known staple in Trondheim's cultural scene having collaborated with a number of event organisers; preferring to spend her time exploring weird places, making playlists, dancing in cave parties, taking photos and growing plants. Jéleena works as a model for a couple international brands, and is Photography Editor at The List.



Photo Jéleena Rai

David Omdal Skarbø has a one-year degree in Media sociology and a Bachelor's in PR- and Market Communications from BI Oslo. David has a great interest in communications, different cultures, and new ideas. He is at his best when he can utilize his creativity. In addition to his work at The List, David plays and creates music. Through The List, David hopes to bridge the gap between Norwegian and international students, giving them the opportunity to properly experience Trondheim, not just campus and student housing.



Photo Sigrid Bakken Døsvik

Katie Lineer is originally from Minnesota, USA, and has lived in Trondheim for over 12 years. Katie is now an advocate for mental health awareness and self-care. She also has a Bachelor of Fine Arts in Graphic Design combined with 13 years working mostly within IT companies. She recently completed her Master's in Arts Education from NTNU and is now taking a much-needed break from both school and work to pursue a couple of passion projects. One of which is *Liminal Mineral*, which engages her creative skills while focusing on her passion for rocks and minerals.

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COLUMN

CONNECTING BODY & MIND.

Mental training is not just for athletes.

Words *Kjersti Buaas*

AS A PROFESSIONAL ATHLETE I HAVE been blessed to learn about the body and mind from some of the best trainers and coaches in the world. Along the way, I made sure to pay close attention and ask a ton of questions from these professionals so that I could better understand the way we, humans, work. Yes, you can kind of call me a nerd.

After years and years of exploring the field of body-mind connection, completing a bachelor degree in Sports Science, immersing myself in conscious breathwork, and completing a 200-hour certification as a meditation teacher -- I now teach workshops, retreats and courses on this topic. I work with Olympic athletes, CEOs, small and large businesses, or even individuals and groups who wish to join our PRSNT women's retreats. We host events all over the world and seek to empower women through outdoor adventures and activities like surfing, outdoor climbing, backcountry snowboarding and skiing, all combined with yoga, meditation, and a #PRSNT state of mind.

My passion is to share the art and practice of meditation and 'presentness' in a lighthearted, fun, and digestible way. I believe that we are much more likely to be successful when we are enjoying the game of life, in a free and liberating way.

To me, health is being connected to body, mind, spirit, and our planet in union. When we connect with our inner world, we can stand stronger in the outer world. Simply put, we can hear our true selves better as we genuinely start to connect on a deeper level. When we start from within and take care of ourselves and feel good in our own skin, body, and mind, we increase our ability to be there for others. Inside every single human there is a strong, pure, and connected life force.

Throughout my sports career I learned an incredible amount about overcoming pressure and stress, and what it means to train my mind 'to be on my side'. But mental training is not just reserved for athletes. We live in a challenging time where many people feel daily stress, anxiety, and restlessness.

While many exercise physically, mental aspects are often forgotten or under prioritised. Mental training does not have to be complicated, but rather should be as natural, versatile and playful as physical training. I like to look at mental training like pull-ups for the brain, squats for the nervous system, and summit hikes and snowboarding for our body and soul.

Simple tips for a healthy mindset + live life to the fullest!

Oxygen...is essential for life. Sourdough bread is tastier and more full of life when you get a significant amount of air into the dough. Soil that has more oxygen becomes fruitful and rich, creating a healthy environment for a diversity of microorganisms, life, and bacteria to grow and thrive. The same is true for us humans. Not only do we depend on the ability to breathe to live; we must also learn to breathe deeply to thrive.

Extending your exhales. We depend on both inhaling and exhaling to thrive. Yet if our default is to breathe short and shallow, we will often feel stressed and overwhelmed. If we extend our exhales and practice making them twice as long as our inhales (breathing deeper out), we can be more calm and generally less stressed. The reason for this is that every exhale triggers our nervous system to relax. Every



inhalation triggers the opposite by activating and stimulating us.

Alignment. Many think of stress as being mental, but a lot of stress is physically stored in the body, causing us to feel uneasy and maybe even anxious. Our stress response is located at the top of the spine and can tighten from computer work, using our phone or simply from bad posture. Tight jaw, stiff neck and sore



PHOTO Nikol Herec

shoulders are some of the characteristics. If you check in with your own body right this moment you might recognise some of these patterns in yourself.

A simple tip you can do pretty much anywhere is to check in with your body. Make a habit of adjusting your posture throughout the day, allowing yourself to relax your jaw and shoulders. Just this simple awareness will help you, your body,

and your nervous system to relax more in general. Your mind will thank you too.

Movement. Meditation does not have to be performed with closed eyes, in the lotus position, or alone in a dark room as represented by Buddhist monks or movies. I live an active lifestyle and exercise is essential for good overall health. I use movement to ignite the process of changing my mindset from negative to positive.

I move my body, run, dance, climb, do yoga, surf and snowboard for the simple fun of it, and to stay fit and healthy, but also to level up my energy to a frequency that matches the frequency of what I truly want to attract in my life (something I am dreaming of having, doing, or accomplishing).

The best of both worlds. I find that meditation and conscious breathing techniques can be quite easily incorporated into physical activity and that the body-mind connection strengthens when we manage to bring the meditative state into activities and movement. It is like creating a bridge between the physical and the mental.

Focus on breath. An example is to simply focus your attention on your breath for a few moments, as you move. You can also use nose-breathing to up the ante. Nose-breathing acts like a switch for the nervous system and can get us from stress response to relaxation. When the body is in action, blood is pumping and pulse is increasing, our minds can become more still. It's such a powerful contrast.

Focus on body. Another tip is to gently press your thumb and pointing finger together and feel the sensation on your skin. You can go through all five fingers and hold your attention for 10 seconds on each finger, using both hands. Your mind will have no other choice than to become present because the body is always here and now.

Mindful movement – a meditation technique. I also recommend meditation technique called 'mindful movement', which you can practice during your favourite activity. Not only can this technique launch you straight into the FLOW state, it can also be used to pull yourself back when your mind starts to drift and wander.

Going deeper. I am far from done with my journey of understanding the body and mind. In fact, I feel like I am only at the beginning of this exciting adventure. I seek to deepen my understanding, gain more perspective, update myself on the newest science about the body, brain and nervous system and stay curious about playful ways to optimise my own body and mind. I do this not only to perform my best, but to be the best I can be for the world. When we say yes to the #PRSNT moment we also say yes to the unlimited potential to feel life to the fullest.

CREATIVE SPACES

Hit the Streets

KRILLER, EVENT & CULTURE INDUSTRY / LAVVO MANAGER
AT TRONDHEIM CHRISTMAS MARKET

I really enjoy creating a good atmosphere for others during the holiday season.

What is the highlight for you during Christmas and winter?

I am looking forward to opening the Lavvo, we have great local food and drinks, vegan and vegetarian options.

What do you like the most about Trondheim and Trøndelag in the winter vs. your native Denmark?

More snow, which means I can go skiing in Vassfjellet. I also really like going to concerts and events.

What is your drink of choice?

Monkey Brew is by far the best brewery in Trondheim.

What is your favourite Christmas movie?

The Nightmare before Christmas is very cool.



BERIT, THE MUNICIPALITY DIRECTOR'S STAFF – CULTURE
(KOMMUNEDIREKTØRENS FAGSTAB, KULTUR).

What is something fun you have done lately?

The opening of the new K-U-K! Also, we had a ceremony in Korsvika when we moved the sculpture Flytende, Flyvende by Geir Stormoen (1996). This is the perfect placement for this sculpture as it commemorates Leif Eiriksson, and the artist has cleverly made it seem like the huge stone ship is going into the fjord. I recommend that everyone go and check it out!

What is the highlight of winter for you?

I love a cold winter with snow, and a highlight for me is walking the streets of Midtbyen looking at the lights and decorations in the dark winter evenings. It is a lot of fun.

Are you working on any fun new projects?

Yes! We are working on a project called Art & Form, which will be completed by 2030. It is a design project and it is very exciting for the city. We are currently looking at locations for a new centre for the project.



MEET SCHOOL PUPILS MONICA, KRISTIN, & MONIQUE

What are you looking forward to this Christmas?

Riding the Ferris Wheel at the Christmas Market. And sledding! The best sledding hill in town is Nissekollen by Nardo Skole, it goes straight down! And ice skating at Leangen.

If you could, what would you change about the city?

Free bus rides for anyone under 18.

What is your favourite Christmas movie?

Home Alone! And the new Cinderella movie (Tre Nøtter til Askepott) is really good!



SCOTT, BAR MANAGER

What is your favourite thing about Christmas?

To me, Christmas is really connected to Star Wars. Growing up, I didn't realize that my family was not that well off. We didn't have a TV at our house, but every Christmas we would visit my grandfather in rural Australia, and all the cousins would get banished to the TV-room to watch a VHS of Star Wars that my grandfather had recorded off the TV. It made a huge impact on me and my life. I do remember being disappointed when I learnt that it was Darth Vader, not DARK Vader.



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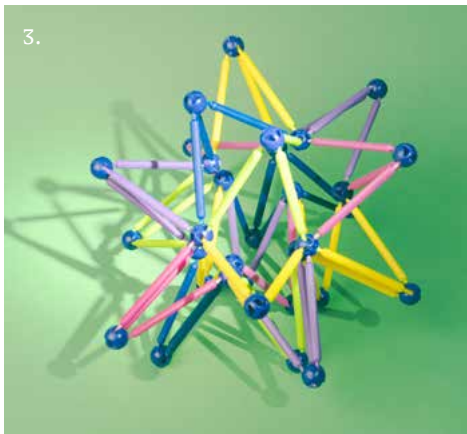
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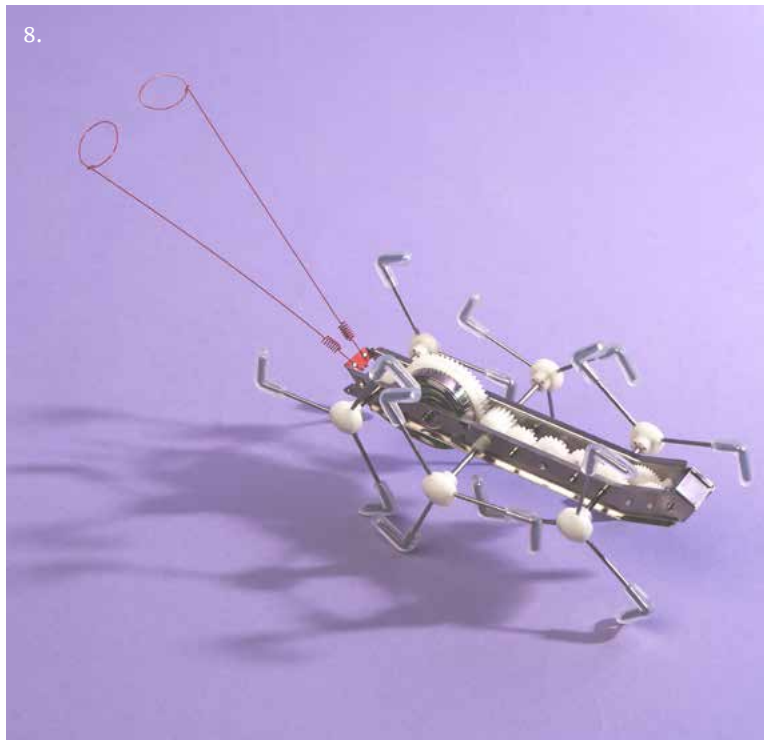
Coding days 27-30.12: Coding for the whole family! Play with robot-ball and robot-car, code your own computer game!

Northern lights weekend: 18-19.12: Northern lights movie in the Planetarium, science show and surprises!

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WINTER SURVIVAL STRATEGIES

Socially Active Hibernator

Words *Katie Lineer*

WINTERS IN TRONDHEIM CAN BE TOUGH! THE LACK OF sunlight takes its toll on the vitamin D stores we have accumulated over the summer months. All of downtown becomes one giant ice-skating rink as everything is covered in ice. The humid, cold climate enters our bodies down to the bone, which encourages the instinct to hibernate.

Hibernating is exactly what Norwegians do! They have modernised the idea of hibernation into the concept and ideology of ‘coziness’ – also referred to as ‘koselig’. Every Norwegian has their own idea and recipe for *koselig*, but nothing is wrong since it is a state of well-being rather than set of instructions to follow.

The mindset of *koselig* is much needed during the dark, cold winter months. The lack of light affects my mood, and I have a natural tendency to get the winter blues. Hence the need for good self-care rituals!

DAYLIGHT AND HOT CHOCOLATE

These self-care rituals of mine are essential for long winters. I go outside when there is sunlight or overcast skies. Just 15 minutes spent outside, every day, can improve my mood. It is also a way to take a break during work and study, to feel the warmth of sunlight. I also have a daylight lamp in my bathroom that I turn on every day as I get ready during the darkest months of November to January. This always positively impacts my mood. This can give you a small dose of vitamin D, but my favourite way to acquire it is my damn good hot chocolate recipe containing oat milk and dark chocolate. Both of these are good sources of vitamin D2.

KOSELIG INTERIORS

One aspect of *koselig* that Norwegians have perfected is interior design. Picture this – you walk into the house and lights are dimmed so you can see and feel the effects of candlelight as it dances on walls and ceilings. There are many candles lit around the entire house, but not too many. It's usually about three on each surface. As you move toward the couch you notice the comfy pillows piled, some with soft knitted-woolen blankets thrown over the pillows invitingly. The colours of the house are not saturated, but inviting, exuding a sense of warmth. There are clementines, nuts, and caramelised almonds set out on the table. The idea of hibernating all winter becomes even more inviting.

I needed to ‘koselig-ify’ my own apartment! I first started by copying others, but this was not quite right. Something was still missing. I needed to make my space *koselig* in a way that reflected me! My things needed to be bright colours. I prefer a brighter light, so I got a dimmable lamp. I hung Christmas lights over the curtains in the windows. I made a corner in my apartment where I have a chair with bookcases. The chair sits in the middle of the two bookcases. It is a space that invites anyone to sit down and grab a book! Your interior should reflect you! Taking inspiration from





Hibernators Hot Chocolate

INGREDIENTS:

Oat milk in a large coffee mug
3-4 pieces dark chocolate (*I use Freia's Dronning sjokolade from the baking section of the grocery store*)
1 teaspoon honey
1/4 teaspoon vanilla extract (*optional*)
5-6 fresh peppermint leaves (*optional*)

INSTRUCTIONS:

Put the chocolate pieces (and vanilla extract) into the coffee mug and fill with oat milk. Place mug into microwave and heat for 2-3 minutes until milk is warm and chocolate has melted. Then add in honey (and mint if desired), and stir. I bought a cheap hand frother which I used to mix the drink, which is my way of making a café-quality drink on a budget. In short, adding extra Vitamin D into your routine can also be 'koselig.'

Norwegian culture is a great start, but remember to include items, colours, textures, and smells that give you a feeling of home. Designing a winter haven for yourself will help you beat the winter blues.

FOOTBATH (FOR EVERYONE)

One of my favourite self-care rituals is a footbath. This provides a spa feeling without blowing my budget. A footbath requires a container that fits your feet and hot/warm water. To give myself even more of a spa feeling, I use essential oils for relaxation such as lavender or bergamot. Just a few drops of each adds an aromatherapy effect as they fill the room. You could add epsom salt (magnesium salt) into the footbath. I personally noticed that it helps my aching feet and helps my entire body to relax.

MY PERFECT AT-HOME WINTER EXPERIENCE

Sometimes I share my perfect experience with my *samboer* (partner) or friends, who also love it. The difference is that we might sit on the couch and watch a movie together or just hang-out and catch-up. This brings me to my next important aspect of self-care during the winter: engaging in social activities with friends.

CREATIVE NIGHTS

Creative nights are a concept I started two years ago with my friends. As a graphic designer and art teacher, I wanted a creative outlet outside of work. The focus of a creative night is to come together, be social and be creative, without pressure. I tell them to just start playing and not focus on making a final product but enjoy the process. PLAY!!

WHAT A CREATIVE NIGHT MIGHT LOOK LIKE:

Invite your friends over to your place, or meet digitally. They can bring a creative project of their choosing along, or you can organise a theme for the night. On digital nights, everyone combines their own projects such as knitting, drawing, bike repairs, etc. Projects can be anything and everything.

All the experiences I have described are opportunities for you to test out and find your own *koselig* experience! The most important aspect is finding new ways to incorporate self-care, which is very important during the winter months. This can take time and some experimentation, but I encourage you to embrace the hibernation instinct and create your own sanctuary at home, and with others.

If you find the winter to be very tough, I encourage you to reach out and talk to someone about it. One of the best ways to help yourself is to ask for help and support. Never be ashamed to say "I need some help." This can be one of the biggest gifts to yourself if things get overwhelming. **It is also ok to not be ok.** Take care of yourselves and please share your *koselig* self-care rituals and experiences with us at #thelisttrondheim #koselig.



PHOTO Roman Kraft

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Christmas gift idea!

Reiser i Innland, or *Travels through the interior*, is a new coffee table book by photographer Sven-Erik Knoff. Including 179 beautiful photos from across Norway, accompanied by specially written prose from song writer, Arne Hurlen.

Experience the views across this beautiful country and meditate on short, lyrical passages with this year's favourite Christmas present. Get this treasure at your local bookstore, or reiseriinnland.no **595,-**

FOOD GLORIOUS FOOD

TRONDHEIM – European Region of Gastronomy 2022

TRONDHEIM - TRØNDELAG HAS BEEN awarded European Region of Gastronomy 2022. This is an award granted by a panel of experts from different fields - including tourism, culture, hospitality and agriculture. It aims, not only to highlight the region as an international food destination, but to increase awareness in the local community about the food they eat, the importance of eating and buying locally, and the future innovations required to protect this local heritage. Some of the key focus areas of the award have to do with creating long-term initiatives and strategies to enhance food education and recruitment for the younger generation, sustainability in food production and restaurants, better service and offer



PHOTO Wil Lee-Wright

information in English in order to attract and welcome international guests. What makes Trondheim and this region so unique is that we have access to it all: be it seafood, meats, cheeses, fruit and vegetables, you name it.



PHOTO Wil Lee-Wright

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COMIC

Toxic Positivity

Illustration & Words Linnéa Johansson

ES COMO UNA INFANTILIZACIÓN DE LAS EMOCIONES CON MENSAJES DE POSITIVISMO EXAGERADO:



It is like a infantilization of emotions with messages of exaggerated positivism. - "always smile" - "don't worry beautiful" - "life is always beautiful" - "Good vibes only."

NO SE SI HAS ESCUCHADO HABLAR DE LA "POSITIVIDAD TÓXICA"



I don't know if you have heard of the term "toxic positivity"

PERO ESOS MISMOS MENSAJES CREAN UN ESTIGMA CONTRA LAS "EMOCIONES NEGATIVAS"

NO SE PERMITE LA TRISTEZA

si dudas eres una inútil



la ansiedad es una debilidad

"CACA ONLY CACA"

but those same messages create a stigma against negative emotions - sadness is not allowed - if you doubt you are useless - anxiety is a weakness - shit only shit.

PERO RECUERDA QUE TODO SE MUEVE EN EL MOVIMIENTO DE LA RUEDA



but remember that everything moves in the movement of the wheel

LAS HORAS, LOS MESES,



LAS ESTACIONES, LA VIDA...



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The hours – the months – the seasons – life

some days we are up and other days we are down

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 HER MAJESTY THE QUEEN OF DENMARK

Illums Bolighus



PHOTO Alex Nerleir

WINTER GUIDE

WHAT ARE YOU DOING THIS WINTER?

Peruse The List's winter program for inspiration, to plan your Christmas and winter schedule, or just find something fun to do.

Winter is here! While the days have become shorter and the air is crisper, feelings of togetherness, sounds of bustling bodies and candlelight shadows fill the city streets. The first sprinkling of snow has fallen, offering the option of dusting off skis and skates, or relaxing in the comfort of your home. Whatever the activity, we encourage you to enjoy yourselves during the winter months and make the most of the wild outdoor beauty and winter's change of pace.

This year The List has curated a regional winter guide of activities and events taking place in Trondheim and throughout Trøndelag, between the months of December and March. Browse our list of tips and become inspired for what could be your best winter, yet.

Events

Get your holiday season started with these events in the early festive period and make the most of the Christmas to New Year.

NOVEMBER 27 – DECEMBER 31

Gingerbread house City, Byhaven

Admire the creative skills of the city's most pro gingerbread architects. Lose yourself in the smells of Christmas past but be aware, there is a small entrance fee for adults, free for children, with all proceeds donated to Children's Cancer and Blood disease at St. Olav's hospital.

Music

It don't mean a thing if it ain't got that swing!

Markets

There is an impressive array of Christmas markets to explore in the region this December, this is just some of them!

NOV 26 – DEC 11

Christmas in Munkebylåven, Levanger.

NOV 27 – DEC 19

Christmas at Garveriet and Krogsgården, Snåsa.

RØROS

Visit the UNESCO World Heritage site!

SUPPORT LOCAL BUSINESSES!

with Independent Trondheim

DECEMBER

Events

DECEMBER 2

Book reading from author Marte Mittet, Bøker og Bylab Elgeseter, Trondheim (Norwegian program).

DECEMBER 2 - 3 AND DECEMBER 11

Take in the splendor of the majestic Nidaros Cathedral while enjoying **Bach's Christmas Oratorio** (for all concerts in Nidaros Cathedral this December, check out our Preview section).

DEC 4

Poetry Night at Antikvariatet.

DECEMBER 4

For the book lover in your life, get some local literature at the **Author's Christmas Market** at Trondheim Public Library, biblioteket.trondheim.kommune.no/arrangement

DECEMBER 4

The Christmas Mystery in the Arch Bishops' Palace - Collect a group of problem-solving enthusiasts and test out this new 'escape room' concept in the historical halls of the Arch Bishop's Palace.

DECEMBER 4

Christmas workshop, Risvollan Library, Trondheim.

DEC 4 - 5

ImproDance at Rotvoll Kunstnerkollektiv.

DECEMBER 4 - 5 AND 11 - 12

Christmas at Sverresborg, Sverresborg Open Air Museum - every nook and cranny filled to the brim with Christmas cheer.

Music

DECEMBER 2

Check out Luftforsvaret's big band concert **Swinging Christmas** at Byscenen.

DECEMBER 3

Oslo Ess at Byscenen.

DECEMBER 3

Mayhem live at Verkstedhallen.

DECEMBER 4

Anneke van Giersbergen & Kari Rueslåtten visit Ringve Museum.

DECEMBER 4

Rock around the Christmas tree with Trondheim legends **Motorpsycho** at Byscenen.

DECEMBER 4 - 20

JuleVoll at Voll Gård every weekend in December.

DECEMBER 5

Lift your spirits with **S. Møller's Big Band** with choir singers from Studentersamfundet at Byscenen.

DECEMBER 9

Norwegian song bird Maria Mena plays Kimen Kulturhus in Stjørdal.

DECEMBER 9

Tiësto brings the party to Trondheim Spektrum with special guest Matoma.

DECEMBER 16

Raindogs celebrates everything Tom Waits at Dokkhuset.

DECEMBER 11

Swing into Christmas at Dokkhuset with the **Starlight Big Band** concert.

DECEMBER 19

Betel Trondheim church Christmas concert.

Markets

DECEMBER 1-12,

Take the train to UNESCO world heritage site Røros and visit the local Christmas market Reindeer sightings guaranteed!

DECEMBER 1 - 19

Trondheim Christmas Market, Julemarkedet, Torvet

Wander this rustic-feeling Christmas market during the month of December (just flip the page for a full overview on Trondheim Christmas Market).

DECEMBER 4

Jul i Tunet, Ytterøy.

DECEMBER 4 - 5

Christmas at Stiklestad. A market and activities for kids, sleigh rides and more!

DECEMBER 4 - 5

Christmas Market Namdal museum.

DECEMBER 4 - 5 AND 11 - 12

Visit the ceramics **workshop at Norigård. Bruk.**

DECEMBER 11

Christmas market Malm.

TRONDHEIM SYMPHONY ORCHESTRA

brings **Ronald Briggs' The Snowman** to life in the region this December: **Dampsaga Kulturhus**, Steinkjer Dec 9, **Bautaen in Skaun** Dec 10, **Støren Kulturhus** Dec 11, *before coming back home to* **Olavshallen** Dec 16 - 17.

FOR A DIFFERENT CHRISTMAS EXPERIENCE

Feminalen presents **Sami Christmas**, on December 10, with **Kajsa Balto** at Lokal Scene.

INDERØY AND THE GOLDEN ROAD

A haven for Christmas shopping for foodies! Travel back in time to the Trøndelag Christmases of yesteryear at **Berg Gård, Christmas at Gulburet, Christmas market God Mat Lokalt, Inderøy landhandleri**, - to name but a few!

OPPDAL

Pick your own Christmas tree! Venture into the woods on a horse drawn sleigh!

ADVERTISEMENT

DAMN FINE COFFEE



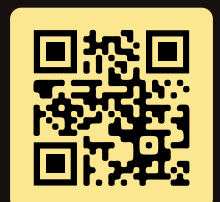
Pala coffee is a popular Christmas gift, beloved by many. Get a delicious sample of the Pala seasonal lots, **El Chalun** and **Gatomboya**, at Trondheim Christmas Market December 1-19.

Pala is a local roastery founded by barista and certified Q-grade roaster Idar Ellingsen, and has provided Trondheim and region with the highest quality coffee from around the world, since 2017.

Idar is as passionate about coffee as you are, and is a two-time gold medalist in the Norwegian coffee championship.

Do you want Pala delivered directly to your door? Visit the webshop (QR) to order freshly roasted coffee to your doorstep whenever you need. Or, get a coffee subscription to make sure you never run out. The perfect gift for the coffee lover in your life!

Come visit us at this year's Christmas Market!



www.pala.no



PHOTO Øyvind Blomstereng

BE PART OF THE HOLIDAY CHEER AT TRONDHEIM CHRISTMAS MARKET!

The annual Trondheim Christmas Market in midtown kicks off this December 1st, running for nearly an entire month until December 19th!

LOCALS AND VISITORS ALIKE AGREE that nothing fills the darker months of winter with twinkling light and genuine Christmas joy as much as Trondheim's very own Christmas market. Located in the heart of Trondheim at the town square, Trondheim Christmas Market is now one of the largest in the Nordics. This year marks the 19th consecutive year of what has been recognised by major international

media like the UK Telegraph, as one of Europe's top sixteen Christmas markets. Each year thousands of visitors stroll through the open air market:

It's a magical winter wonderland setting, complete with horse-drawn carriages, local fare and tasty treats accompanied by festive music, nestled in traditional indigenous Sámi tents with wood-burning fires.

From Christmas-lovers to scrooges, everyone finds a little bit of warmth at 'julemarkedet'. Perhaps it is the low-key offerings of locally produced food, beverage and presents, or display of Trondheim's tallest Christmas tree that makes this tradition a truly memorable occasion each year. It may be the feeling of unexpectedly crossing paths with friends, family or colleagues to wish one another happy holidays, or hearing one of the resident Troubadours belting out cherished carols and songs while enjoying a seasonal



PHOTO Lund Gruppen

beverage. This sensory experience of lights and traditional decoration, filled with comforting scents of Christmas fires and roasting almonds, will be everything you need to prepare for the most-anticipated time of the year.

From its humble beginnings in 2002 with a few simple stands offering a cup of coffee, to today's market stretching in three directions from the town square: Trondheim Christmas Market displays over 90 exhibitors and providers bringing you unique hand-crafted goods, and local food and beverages. At 'julemarkedet' you can shape your own Christmas, all the while sharing in the magical feeling of a traditional Norwegian 'jul'.

WHAT TO EXPECT

In addition to the visuals of a cheery market positioned within eye-sight of a snow dusted tree-lined-street leading to Nidaros Cathedral, Trondheim's

Open everyday from 11:00 - 19:00 at Torvet, town square
Christmas tent: open everyday until 20:00 and 22:00 from December 3rd onwards on Wednesdays and Fridays.
 Visit <https://julemarkedet-trondheim.no/> for more information.



PHOTO Midtbyen Management



PHOTO Wil Lee-Wright



PHOTO Wil Lee-Wright

DON'T MISS!

The market features a wide range of entertainment for the whole family. Charity concerts, late night quizzes, troubadours and interactive storytelling shows for children are just a few of the things you can experience!

Support the Salvation Army Christmas donation collection 'gryte'.

From December 3rd on Wednesdays and Fridays the Lavvo will be open until 22:00 with extra special musical guests.
Sleigh rides.

Local handicrafts, perfect as Christmas presents.

The Christmas tree forest is all locally grown.

Food and drinks in the Lavvo are based on local produce.

Christmas market oozes with nostalgia of Christmas pasts offering excellent cheeses, meats, spreads, condiments, desserts, coffee, beverages, breads and many other tasty treats.

New this year is the long awaited winter ferris wheel, providing views across the city centre and a major pull for small kids and adult kids-at-heart alike.

Stroll across the selection of local small businesses and select wooden toys, hand-crafted jewelry, wool blankets and clothes, or floral arrangements and winter-green decorations, amongst others.

Find a reindeer-skin covered bench beside a crackling fire inside the Christmas tent during the evening and enjoy some Christmas porridge, locally sourced gløgg/ mulled wine or grilled meats and veggie burgers.

The Trondheim Christmas Market is a European Region of Gastronomy Trondheim 2022 certified host.

The List celebrates Trondheim Christmas Market's upcoming 20th anniversary next year by providing a brief overview of its beginning. We encourage you to take a wander through the Farmer's market, Christmas tree forest, gift market and Christmas tent between December 1st to 19th. Make sure to visit more than once, as the activity program is varied and exhibitors will change throughout.

THE HISTORY

Norway's historical capital has always created a sense of togetherness during the month of December. Perhaps you or someone you know recalls earlier displays at the town square including scenes of the Christian manger, ringing bells and 'nisse' (Santa/ elves) collecting donations for the Salvation Army.

It was the turn of the millennium that introduced a heightened vision for a seasonal market, to provide a new arena for showcasing local providers and to trade goods in preparation of Christmas. From 2000 to 2006, Trondheim, along with partner cities Norwich, Lincoln, Odensee, Ghent, and Emden, participated in the European Union's 'Livable Cities' program. Their project aimed to improve public domains in urban historic centres situated in the North Sea region of Europe. Throughout this project Trondheim was able to preserve historic elements of its growing city, as well as stimulate community interaction by launching the



PHOTO Øyvind Blomstereng

city's Christmas Market and the subsequent redevelopment of the town square, Torvet. In its first year the Christmas market was coordinated by Trondheim Municipality and partners, while shortly thereafter taken over by City Manager as it grew in scope the following decade. Since 2009 'julemarkedet' has been shaped into the cozy Christmas market we know of today through the tremendous efforts of Midtbyen Management and partners.

Midtbyen Management is Trondheim's Marketing and Coordination agent for urban development in the town core headed up by General Manager and Travel Director, Kirsten Schultz. Midtbyen contributes to beautification of the city centre, ensuring that the city streets are clean and enjoyable, while also organising attractive events and pop-ups that shape city life and support the local business sector. They are responsible for the Christmas Market, Culture Night and the summer event, "Martnan".

Over the years Trondheim's public and business sectors have gathered local food and beverage producers into a unified Farmer's market. Celebrating sustainability 'from farm and sea to table', the essence of which has defined the identity of the current Christmas market and propelled Trondheim into a certified city as European Region of Gastronomy in 2022. This year, Trondheim Christmas Market will be the first event in a year-long set of activities that celebrate raw goods, ingredients and foods from Trøndelag.

FUN FACTS!

The last time Trondheim had a Ferris Wheel was in 1930!

Music! Live music in the Lavvo every day. Artists include Melody Market Jo Sverre, among others. Group concerts on the town square main stage during the afternoons, as well as concerts by The Norwegian Choir association.

The Christmas tree is the tallest in town!



FUN FACTS

The concept of 'jul' or 'jol' originates from Norse 'jólnir' og 'ylir', which are alternate names for the Norse god, Odin. It originally described a period of time of celebration in the Germanic calendar month of December, focussing on main festivities taking place on 'julaften', the night before Christmas day. 'Julaften' is celebrated with a family feast and exchange of small gifts. The modern English 'yule' and yuletide' so often referenced in Christmas songs has developed from this origin.

IT IS A SENSORY EXPERIENCE

The smells of Christmas -- trees, bonfires, mulled wine, and roasted almonds.

The sights of Christmas -- trees lights, trees, presents, ferris wheel, seasonal lighting, Christmas tree, little elves running around, the horse and sleigh.

The sounds of Christmas -- bells on sleigh rides, music in the Lavvo and on the stage, laughter from people enjoying themselves, the snow under your feet, children's happiness.

Feels and flavours - local food, mulled wine, the warmth in the Lavvo, crispy winter air outside.

DIVERSITY

Trondheim Christmas market attracts visitors and staff from a multitude of nationalities; some staff-members return each year to work in the Christmas tent and have done so for over a decade! The market includes 20 wooden stands and 14 small tents (snøtelt) on rotation with a selection of traditional and newcomer goods.

The Farmer's market is a 60-meter long tent filled with local goods. At any given time there will be 36 different exhibitors on rotation.



PHOTO Therese Holmen



PHOTO Therese Holmen

Julemarkedet

LAVVOEN

M **MIDTBYEN**
UNIK & OPPLEVELSESRIK

XMAS PRESENT TIPS

Fill your home with life and collect some plants from **Gartner Moe**, or fill up a gift card for plant consultancy drop-ins to help revive plants needed some extra care (also check out our plant care tips) facebook.com/gartnermoe



PHOTO Alex Nerleir

A GUIDE TO 'ROMJUL' DECEMBER 26 - 31

In Norway, Christmas doesn't end on Christmas Day, it's just the beginning! The week between Christmas Eve and New Year's called 'romjul' is basically one long party. December 26, or 'andrejuledag' / boxing day is an evening for meeting friends in clubs and pubs, old and new, while they are back home for the holidays. Join the festivities at Studentersamfundet December 26 (or any local samfunnshus in any small town in Norway).

Locations worth watching: Fosen Åfjord Hotel, Selbu Gimle Selbu, Steinkjer Kulturpuben, Trondheim Lokal Bar, Diskoteket, Studentersamfundet, Oppdal Skifter Hotel, Hitra Ansnes Brygger, Knarrlagsundet and Hopsjøen.

Other activities: puzzles, baking, coffee visits, skiing, or why not try 'julebukking'? Get dressed up in costumes with masks and go door-to-door singing carols and collecting neighbours along the way, to see if they can identify you. You might even be given a Christmas cookie along the way.

Celebrate music with the annual tradition Christmas jazz at Scandic Nidelven December 28, or Christmas blues December 29 at Royal Garden Hotel.

Support local businesses! Independent Trondheim is a collective of local business owners who work hard to fill the city with unique and small production items, offering everything from boutique clothing, prints and interior, stationary for all needs, and a selection of Norwegian design mens' wear. If you are looking for an enjoyable shopping experience with high quality products, visit Shine, Alvar & Maija, Papir & Design, Bogart.Cosmo, Livid, and Jonny Love. [Independenttrondheim.no](https://independenttrondheim.no)

BRIT'S LIST

We want to help you find the best Christmas gifts there are, and who is better to ask than Brit Melting, Project-manager at Oi! Trøndersk Food & Brewery Festival.

- At the top of the list is: A Food Journey in Trøndelag (Et Sted Nær Deg) food tours and visits.
- Gold from the Island-kingdom is a food crate with delicacies selected from Frøya, winner of the food gift of the year award at Trøndersk Food Festival 2021.
- Cured elk sausage with fennel from Nordemeland Gårdsmat from Osen, at the north of Fosen, is the winner of meat product of the year at Trøndersk Food festival 2021.

NEW YEAR'S TIPS

from one of our favourite local djs, Juri Garagen and Julie Asmussen!

Havet is Trondheim's new culture arena, take a dip in the fjord and contemplate the year ahead at in Ark – the new outdoor/ indoor sauna at Nyhavna.

VOLUNTEER!

December 5 is the **UN's international day for volunteer work**. Furthermore, the Norwegian government has declared 2022 as the **year of the volunteer**.

GIVING IS RECEIVING

Are you looking to give back during the holiday season? Check out your local 'frivillighetsentral' to figure out how you can get involved in volunteer work in your area. **Kirkens Bymisjon** serves Christmas dinner in Vår Frue Kirke every Christmas Eve.

ROMJUL DEC 26-31

JAN-FEB

RØROS

It you still haven't visited Røros, there are at least two good reasons to in February: the dog sledding race Femundsløpet, February 3 – 7, and the historical winter market, Rørosmartnan, February 15 – 19.

Activities

Get your skates out while crisp temperatures last.

Pack up for the day and head out to Bymarka, or many of the picturesque small lakes scattered across the region. Check municipal websites to confirm skating conditions.

Did you know there are walking paths in Bymarka accessible year-round? You don't need to be born with skis on your feet to enjoy the great outdoors during winter. Are you familiar with the warming huts in Bymarka? Littered across the mountains and woodlands surrounding the city, Trondheim Trekking Association has warming huts.

Looking for more of a thrill? Just a 25-minute drive from Trondheim's city-centre, you'll find Vassfjellet Winter Park. Or venture further into the Norwegian mountains to experience off-piste at its best in Oppdal.

Gain a different perspective on Trondheim by joining a Trondheim Kayak on a winter kayak tour across Nidelva river to Trondheim Fjord.

Program

No need to get the January blues, some of the best Norwegian bands are coming to Samfundet in 2021:

JANUARY 8

Trondheimsolistene's New Year Concert, Dampsaga Kulturhus, Steinkjer

JANUARY 13

Valkyrien Allstars plays Klubben

JANUARY 15

Honningbarna Storsalen

JANUARY 19

Henry Rollins: Good to See You, Byscenen

JANUARY 21

Sondre Lerche

JANUARY 21

Gauldalen's New Year Concert at Støren Kulturhus, January 13.

FEBRUARY 3

Get a head start on this year's Jazzfest with an exclusive concert with Sinne Eeg Group at Dokkhuset

FEBRUARY 4 – 5

Don't miss Kvelertak, the current chieftains of Norwegian hard rock, at Studentersamfundet

FEBRUARY 3 – 5

Trondheim Calling, read more about it later in this issue.

FEBRUARY 11

CC Cowboys comes to Støren Kulturhus,

FEBRUARY 11

Ola Kvernberg's Steamdome is back on tour with a new album and plays Storsalen at Studentersamfundet

FEBRUARY 11

Violet Road, Dampsaga Kulturhus, Steinkjer

FEBRUARY 12

Bergen's very own Myra brings her west coast cool to Studentersamfundet. You've got to have Faith (that summer is coming)!

FEBRUARY 22

Celebrate the music of George Michael at Tapperiet På Dahls,

FEBRUARY 24

Queen of Norwegian pop, Dagny, plays Tapperiet på Dahls

FEBRUARY 25 – 26

Dagny, plays Studentersamfundet.



Top Tips for Winter Plant Care:

- Avoid too-cold or too-warm floors, avoid drafts
- Temperature always over 15 degrees, preferably 18 – 25 degrees
- Place plants in place that receives most daylight, like a south-facing window.
- Use a humidifier: humidified air should be over 40% water content, especially for tropical plants.
- Use HALF as much water as you do during the summer. As a rule, you should water too little, but more often.
- Clean the leaves regularly. This is important for every season, but especially in the winter.
- Don't put your plants near a wall heater
- It takes at least one winter before you know how your plants will live in a new place. Nowhere is the same, so you have to take your time to understand each and every plant and give them room to grow.
- Overwatering is the number one killer of plants.
- You can get a plant light. LED lights are best, as they give less heat and last a long time.
- If you give you and your plants a little time, light, and a little knowledge can create your perfect relationship with your plants all year. If you need any other plant tips, please contact us!



Experience Oppdal

Just 1 hour and 45 minutes by car, or 2 hours by train, 118 km south of Trondheim, you'll find the *outdoor playground* of Oppdal.

Oppdal has offers for every taste.

OUTDOOR

If you are into downhill skiing, Oppdal has one of Norway's finest ski resorts, extending over four mountains, Vangslia, Støre, Ådalen, and Hovden. All over 1000 meters.

You can even travel between the mountains on your skis via lifts and practical routes.

The ski resort offers full amenities: cafés, restaurants, and ski shops. If you don't have your own equipment, not to worry! You can rent just for the weekend.

Speaking of mountains, if you prefer uphill to downhill, Oppdal has great terrain and miles of ski trails. The mountains stretch from Dovrefjell to the south, to Trollheimen in the north. At Dovrefjell, you can find Dovregubben's Hall, the very same made famous by Norwegian composer Edward Grieg (Hall of the Mountain King), and Trollheimen is *the home of the trolls*.

If you don't love skiing but enjoy a good hike, you don't have to be an advanced mountaineer to go on a mountain trip here, there are routes for every level of expertise. You will not find a better view this close to Trondheim!

Snøhetta, pictured left is one of the most optimal look-out points for the musk ox, the only breed left of its kind in the world. Beware though, they are as tough as they look, so keep your distance!

Uphill skiing, downhill skiing, mountaineering, this kind of movement is not for everyone. If you prefer just chill, you can try guided-ice fishing. Sit down with a cup of coffee, enjoy the beautiful nature and hills, and catch some trout or Arctic char.

For Arctic char you use a tiny rod called a *pilk* through a hole in the ice. For trout, you typically use an overnight trap. If you are lucky, you can wake up and eat trout for breakfast!

INDOOR

And if the weather outside is frightening ...

Fear not. Oppdal hosts Norway's tallest indoor climbing wall! Stop by Krux Klatring to challenge yourself or just have fun! Krux Klatring offers both bouldering courses, as well as rope climbing.

If you are staying for any length of time and need to get some work done, Krux Innovation Centre recently opened – a co-working space that has already taken health precautions so you can feel safe renting a space to work home-away-from-home.

Oppdal also has an indoor waterpark, a cinema, and a great library all in the same building - Oppdal Kulturhus.

Oppdal, of course!

MUSIC WONDERFUL MUSIC

Trondheim Calling

Words Saria Wail

What if we turned Trondheim into a big music festival for three days? If the idea sounds exciting, you'll love Trondheim Calling!

This February, the city opens up its many arenas to host 70 concerts with up-and-coming bands and artists of all genres, attracting a number of international A&R reps. With a festival ticket in-hand you're free to explore a city full of new music! Trondheim Calling emphasises young artists about to break-through, and pride themselves on their many previous discoveries, such as Highasakite, Unge Ferrari, and Combos. Artists revealed for this year's line-up so far include j00, Jonas Alaska, ur Monarch, Jonathan Floyd, and many others waiting to be discovered.

Saria from The List caught up with Trondheim Calling's founder Thomas

Ryjord to get his take on what we need to do to support young musicians and the growing music industry in Trondheim and their need for support.

Saria Wail: Thomas, word on the street is that you're a pretty significant driver in professionalising the music industry in Trondheim. Tell us a little bit about yourself.

Thomas: Music has always been a big part of my life. When I was like 15, 16 I started my first band. When I became an adult, I moved out and our band started booking our own shows and then eventually our own tours. We first started in Germany and then expanded across Europe. We were on a mission to start our own company. So, I started a degree master's degree in music and then in 2006, I got caught up in projects when I was six months away from delivering my thesis, I thought: 'screw it, I'm not delivering!'

Saria Wail: It sounds like you've been in the scene for a good many years, what kind of changes have you witnessed?

Thomas: Trondheim has always been a city that has a lot of very strong, and big alternative, but divided, pockets of music scenes. There was a sort of idealism in music, as you can see with groups like UFFA. Trondheim has really always been a place where you can start your own thing. And that's what we did! Subculture has dominated the music industry, and while that has an appeal, it offered very little room for professionalism. During the past years musicians and related businesses have been working together, popping up, generally becoming more professional. Saria Wail: How do we keep these young artists, like you feature in Trondheim Calling, in Trondheim?

Thomas: We lose a lot of the people who come to Trondheim to study. If we have all these people who come to study and everything from jazz tuba to classical piano, we have that great art school, and other universities in Northern Trøndelag, and folkehøgskoler. These have educated so many musicians. I think it is healthy that people born and raised here go and travel, experience, network, but we have a problem when people never want to move back. All these talented people, in different creative ways, engineers and architects also, if people only want to stay here for limited amount of time, we have failed. We have not tapped into the full potential. If everyone making decisions on top, like the politicians and businesses working with city development and housing, if they don't understand that importance, then you get quite flat society. This is bad for diversity and bad for genre diversity. Trondheim is big for rock and jazz. We suck for hip-hop and electronica. At Trondheim Calling, we try to do our part, but we have such a big job and it is possible. If we manage to let all those different musical, creative communities bloom, it would be a more interesting town. You don't have to use a lot of



PHOTO Thomas Ryjord by gerhardsenog

My idea of Trondheim Calling is just a mirror of everything that is happening and to amplify. That is what has made us succeed in the terms we have. I don't have an agenda in this or want to push forward any one genre or prove anything, I just want to amplify.



marketing money for it, because word-of-mouth spread. Trondheim Calling, playing in a band or doing music in Trøndelag, we haven't managed to include immigrants in that sense. All these big festivals are quite white, for lack of a better word. Trondheim Calling does not recognize the city for the all the forces that is. Hip-hop is meant to be in opposition to a lot of things. It becomes popular and then becomes a business. Rock and pop development – the aim from day one is business.

Saria: A lot of people who come to Trondheim Calling are young. You see only a few older people who are hard rock fans who have been there since day one since this is the new rock scene but everyone is younger, so it is nice to see that Trondheim Calling has grown. I have been once. It was beautiful for me, I thought there were not a lot of foreigners on-stage.

Thomas: Or women.

Saria Wail: Exactly! My next question is - the female artistry in Trondheim – no one is like here I am and this is what I am doing! Where are the women, why do you think that is?

Thomas: We have had that discussion a lot of times and the general opinion in the music industry or amongst festivals on gender balance in programs... Our take is that to get a strong, vibrant community of female artists in Trondheim, you need someone to look up to and break down doors. It is our job to help break down those doors. The #metoo movement has pushed something too, it is a positive start. If you want to survive the future as a festival or business, you can't be like that, it isn't acceptable. It is the same as including different immigrant communities. You have to open the door before you see the results, you can't see the results first. One question I get a lot about Trondheim Calling is why do you open up for bands from outside Trøndelag? The reason is because Trondheim Calling is a platform, and it is a starting platform. As an artist, you have to interact with your audience,



PHOTO Reb Moe

with other artists, and with a lot of other businesses. This goes for several of the biggest hits in the last ten years, they were written by teams. You have to collaborate. You can't keep it here and one day you will be famous.

Saria Wail: That is what Trondheim Calling is in a lot of ways. They get to meet up together and talk and discuss tracks and collaborating. And you have the press passes so journalists can interact too. Everybody from different areas that are all interested in this particular thing are all there and feed off of each other's energies. When you started Trondheim Calling, what was your goal and do you feel like you have reached your goal?

Thomas: When we started Trondheim Calling, I had been working with Trondheim music for some years. The other guys involved was the same. We had the problem that music from Trondheim wasn't cool from an outsider perspective. A lot of bands would hide that they were from Trondheim because it was negative. That was a reason for a main initiative. It wasn't cool to work in the music industry or to be an artist. That is not a problem anymore. You have one of the coolest bands, Pom Poko, they are now on a British label, they have one of the best agents in Europe and are really outspoken about Trondheim... I am glad to see that we on our 10-year anniversary have a lot of the same audience that we had the first

year that are still supporting the idea to see new music. A lot are still playing too, but with different bands. We have a lot of new audience, younger audience. That gives me hope that we can keep doing this. I think it is still a necessity to work on the platform. That can be our contribution to this, to make this platform that can be a career changer for some bands. When we get so many people to come in and present them in the right environment. Our region gets a lot back, it is an effective use of money. I still see that we have some things from the last years – gender balance, being aware that some genres are under-represented and need to work on how to include them, and being young at heart even though I am on my way to not being young anymore. The first thing we have to remember is, to listen.

IF YOU WANT TO DIVE DEEPER INTO THE music industry, the day program features talks and panels with artists, producers and culture-organizers of all sorts. Learn what Covid was like for musicians, get a better understanding of stage lighting design, or learn to build your own guitar pedals (and bring your new creation home to play with!).

Take a chance on young music and make sure you have a unique and intense festival experience to look forward to in 2022! Remember the dates: February 3 – 5!

JAZZ FEST



BECOME A JAZZFEST-FRIEND TO RECEIVE A NUMBER OF EXCLUSIVE CONCERT OFFERS!

WHY SIGN UP?

- / Discount on Jazzfest's concerts, Jazzfest Exclusive and Julejazz
- / Receive early information about upcoming concerts
- / Be the first to know the official lineup for the upcoming festival



THE MEMBERSHIP IS FREE!

EXPERIENCE MORE, RECEIVE INFO FIRST, ENJOY THE BEST MUSIC

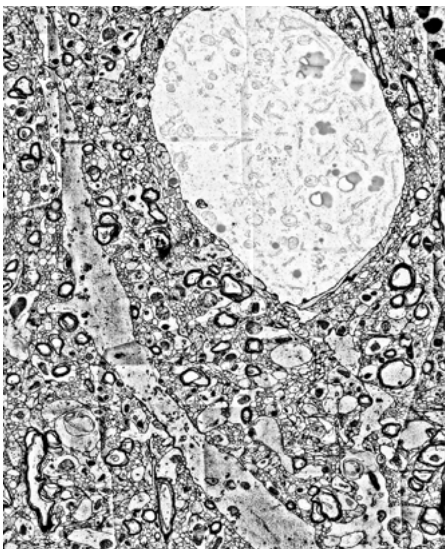


A TICKET TO JULEJAZZ IS THE ULTIMATE CHRISTMAS GIFT

the ART LIST

HÅKON KARLSEN

Photos from the project 'Fornix Cerebri' ↓



Words Jeleena Rai & David O. S.



WHAT IS PHOTOGRAPHY TO YOU? YOU'LL GET A LOT OF DIFFERENT answers if you ask that question.

Is it a decoration for your wall? Your profession. New profile picture! A memory. A hard lifestyle.

Or maybe it's just a reason to take a walk. Even though we have different lives - the majority of us practice photography in some way or another.

Today, we are sitting at The Norwegian School of Photography, where you will find some of the most passionate up-and-coming photographers in Norway.

For this issue of Art List, we had a conversation with Håkon, a third-year student at The Norwegian School of Photography. Håkon is currently studying project development and comes from 'Nordens Paris' (Paris of the North) AKA Tromsø.

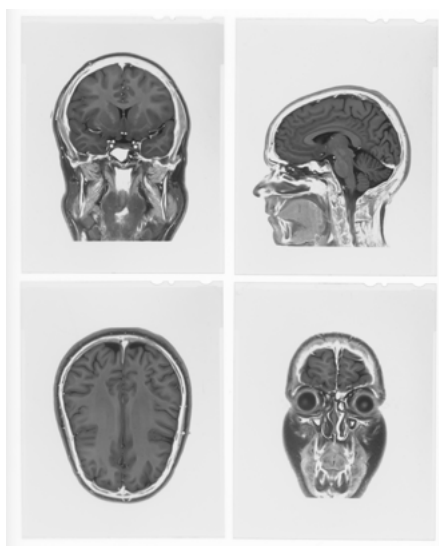
So, Håkon, how did you get into photography?

Well, I have always had a curiosity for my environment. Even as a child I would always go on adventures by myself, much to my mothers' dismay. I have always been in the art scene, and grew up in a musical environment. However, it was during high school (Håkon did music) I realised I was way worse than the other kids - that's when my focus shifted towards documenting the scene I was a part of, rather than playing music. Not that I stopped playing, I just realised photography was the thing for me. So, you could say my interest for photography blossomed through the music scene!

How would you say your style has evolved over the years?

Well since I'm from Tromsø, I've always been close to nature. At the end of high school, I made a decision to focus solely on photography and enrolled at 'Folkehøyskole' (A one-year themed school) and due to my background, it felt natural to take landscape and nature photos.

After a year at FHS (Folkehøyskole in short) I had my mind made up: I want to do photography! The Norwegian School of



Photography looked nice, so I enrolled immediately. Here is where I figured out what I like, and ventured into the abstract realm, conceptualising ideas through projects.

I can see that. Where are you getting your inspiration from?

From music! It was ingrained in me from an early age. Nowadays I especially listen to repetitive and progressive music, like English and German house. The expression in that kind of music drives me on as well. It keeps my gears running. Music is still a big part of my life, but photography is my passion. It gives me the spark and challenge I need to express myself the way I want to.

As for visual references, I have a couple of favourite photographers: photographers:

FAVORITE ARTISTS

Morten Lange
Dag Alveng
Karl Hansen

EQUIPMENT/PHOTOGEAR

Nikon F4
Mamiya RZ67
35mm Equivalent

Ilford FP4+
Fujifilm Acros
Nikon D810

Anything on the horizon? What are you currently working on?

At the moment I am working on a project called 'PERMAFROST' which is being exhibited 3rd-15th of December at Olav Tryggvasons gate 51. It is a group exhibition together with other students from my study at The Norwegian School of Photography, 'Project Development'.

My new project is a critique of how much money is being put into sports, compared to other forms of entertainment. Like art.

I question the use of money. The new project will be a book containing a melancholic photo series. It consists of night pictures, the sad sides of sports arenas. No humans to be found, totally empty.

Everything in this new project is analogue, so regarding your earlier question about style, I guess you could add that. I only work analogue.

Anything else you want to add?

Yeah.

Come to our opening party on the third of December, it's free!

K-U-K

The List went to the K-U-K opening!

Killi Olsen greeting the attendees, while Kristoffer Lo is getting ready to play his Flugabone



Ceramic art, by Erika Stöckel



Tina and Therese

Body part from Geumhyung Jeong's work and wine glass from Jeleena Rai



Erika Stöckel and TUDA MUDA, the red sons of krypton



Kjell Erik Killi Olsen's dog Lola also attended the opening



DON'T LOOSE HOPE

Surviving the Winter

Words *Jonas Langset Hustad*

Photography *Jéleena del Prado*

Uh-oh, winter is here! Life slowly freezes to a complete stop as the days become ever shorter and the nights ever colder. *"Didn't the feeling of cold have some sort of opposite?"*, you wonder. *"Isn't there supposed to be some sort of circle of light in the sky?"* you try to ask someone through chattering teeth. But don't lose hope! We are all here because stubborn Norwegians somehow made it through this shit for millenia. So let's see what we can do.

OUTSIDE ACTIVITIES

Imagine this: you are only allowed to drink water for a couple of hours each day. Better drink that water while you can, am I right? This is the sun during winter. While being sun-deprived doesn't literally kill you, it biologically tells your body that you should be sad and asleep. So whenever there's daylight, get out there (and maybe take some Vitamin D supplements, too). But what to do in the world outside when it's too cold to go rollerskating?

SKIING

Yes, a Norwegian wrote this article. Okay, so maybe you either didn't grow up skiing, or you grew up skiing and hated it. Well, this year might be a good time to try it, whether for the first time or again, now that your parents aren't nagging you about it. Skiing lets you experience nature at its finest, and it lets you exercise at your own pace. Equipment can be found at your local sports store for money or at Finn.no for less money. If you're not from a skiing country, a Norwegian will probably be delighted to make their ancestors proud by teaching you.

NOT SKIING

Very well, have it your way. You can still experience nature at its finest, you just need to stick to the walking tracks in Bymarka. Bring friends, make a bonfire

(it's legal in the winter!) and incinerate some hot dogs together. Also, sledding is easier than skiing.

Fact #1: You still secretly want to go sledding, even if you're a grown-up.

Fact #2: Your friends do, too.

Fact #3: Both Skistua and Sverresborg Folkemuseum have excellent sledding hills.

If you're of the more urban persuasion, bring hot chocolate and make a bonfire at Skansen in the public grill or fire pit and watch the sun go down over the fjord. Then at least you know where it went.

INSIDE ACTIVITIES

So the sun is down and it's time to get snug. How to best hibernate? I suggest reaching out to friends and family to avoid hibernating alone too much. In summer, social contact can be easy and incidental, in winter it has to be intentional and planned. Make it happen! If the sun is your water, then social contact is your food. You may be an introvert, but you're still a pack animal. If your social network isn't great (and there's no shame in that), peruse this magazine for events and activities to join. Norwegians typically get to know people through shared activities, so if there's a sport or hobby you always wanted to try, go for it!

TOGETHER

It can be hard to move to the un-cozy side of your front door, so good bait is needed to entice people to come to you. I suggest baking cookies, making hot chocolate (again), or really anything else that involves warmth and shared indulgence. Put your phones away and busy your scroll-happy fingers with knitting, painting, drawing, or some other relaxing activity. Panduro in Fjordgata will have both the inspiration and the tools you need. Put on your favorite movie from the 90s, listen to an audiobook together (Trondheim Folkebibliotek has plenty of both, free of charge), or just hang out. Sure, you can dress up and have a nice dinner party, but how often do you have the time and energy to put that together? For your more regular social needs, I personally recommend a low threshold and comfy clothing.

ALONE

No people today, thank you very much! Just you, yourself, and... what, exactly? As long as you have an internet connection, the choices are endless, and if you're like me, the choosing can take up most of the evening and be surprisingly stressful. This is no accident, because there's now a whole economy built on grasping your attention, and it's brilliantly successful. So in order to actually have some Me Time instead of just SoMe Time, commit to an activity and put your phone away! It can seem like a Big Decision to spend the next two hours watching a movie or reading a book, but all the micro-activities that each take two seconds quickly add up to that anyway, and you'll often have no idea what you just spent your evening on. The news cycle and your online friends circle can probably survive without your attention for a little while, so log off, drop out, and tune in, or whatever the hippies said.

Good luck and see you in spring!



Ingeborg by Jelena

Don't worry, time is an illusion!

IN THIS ISSUE

Previews & Listings

CHRISTMAS CONCERTS IN TRONDHEIM



PHOTO Sven Erik Knoff

NIDAROS CATHEDRAL AND Vår Frue Kirke host a slew of Christmas concerts all through the month of December and late in November for the beginning of Advent. There is a concert for almost any occasion.

The season kicks off on November 27 at Nidaros Cathedral and November 28, the first day of Advent, at Vår Frue Kirke.

The Nidaros concert (10p.m.), on November 27, is a choir and organ affair, while the Vår Frue concert (7:30p.m.)

on November 28, is titled “Julero” and is sung by the vocal ensemble PUST.

Other highlights:

DECEMBER 2/3: CHRISTMAS Oratorio at Nidaros Cathedral, beginning at 7:30p.m.

DECEMBER 10: WE SING Christmas In! With the Boys’ Choir of Nidaros, organ and violin accompaniment, beginning at 6p.m.

DECEMBER 11: ADVENT Concert with Cantus (women’s choir) at Nidaros Cathedral, a traditional Christmas Concert, titled “Lighting a Thousand

Christmas Candles,” beginning at 4p.m.

DECEMBER 14: ‘CHRISTMAS Folk’ Christmas Concert at Vår Frue Kirke, beginning at 6:30p.m. A blend of popular and classic Christmas music
DECEMBER 18: GIRLS’ CHOIR Christmas Concert at Nidaros Cathedral, beginning at 6p.m.
DECEMBER 24: CLASSIC Christmas Services at Nidaros Cathedral, Hospitalskirka, and Vår Frue Kirke. 11a.m. at Hospitalskirka, 2p.m. at Nidaros, 3p.m. at Vår Frue, 4p.m. at Nidaros (filmed by NRK TV and Radio), 11p.m. at Nidaros

Ticket information for all of these concerts can be found at nidarosdomen.no!

MUSIC & NIGHTLIFE

DATE

Nov-Dec

PLACE

Hospitalskirka, Nidaros Cathedral, Vår Frue Kirke

TIME

Various

INFO

nidaros.no

CHRISTMAS AT SVERRESBORG

OUT & ABOUT

DATE

Dec 4-5, 11-12

PLACE

Sverresborg Museum

PRICE

0 - 170

INFO

sverresborg.no

CHRISTMAS AT ONE OF Norway’s largest open-air museums is a sight to behold. During the first two weekends of December, you can traipse around the magical location with your kids in tow. Everything is lit up with Christmas lights and decor. There are market tents, Christmas music, and Yuletide smells.

Sverresborg has an idyll of its own during Christmas, with little elves running around and hiding, entertaining the children. Let’s hope for snow, as that is all that Sverresborg needs for the perfect *julestemning*.

There are discounts for infants, students, and seniors, so don’t let ticket pricing stop you from experiencing Christmas at Sverresborg!



KIDS SKI DAY

SPORTS

DATE

March 13, 2022

PLACE

Granåsen

TIME

10 a.m.

INFO

barnasskidag.no

NORWEGIAN CHILDREN ARE said to be born with skis on their feet, so no wonder Kids Ski Day happens every year. First held in 1993, it has become a winter tradition for thousands of children and their families.

Around two and a half thousand children take part, with an estimated 10,000

spectators cheering them on as they race around the 1997 World Cup arena in Granåsen.

With five tracks ranging from 200m to 10km, it is suitable for children of most ages and abilities.

The full program has not been released at the time of writing, but it promises to be a fun-filled event with entertainment and activities happening throughout the day.

All children taking part need a start number, which can be purchased via Barnas Skidag's website www.barnasskidag.no

JULEJAZZ BY JAZZFEST

JAZZFEST DOES IT AGAIN with their yearly JuleJazz! Keep up the Christmas tempo at Trondheim's largest indoor jazz event. Doors open for this event at Scandic Nidelven Hotel at 6p.m. and the fun keeps going well past midnight!

MUSIC & NIGHTLIFE

DATE

Dec 28

PLACE

Scandic Nidelven

PRICE

625

TIME

6 p.m.

INFO

jazzfest.no



DECEMBER PINBALL BONANZA

Work-Work hosts another fun tournament for casual players and champions alike! It costs only 150 for all the tokens you would need to beat everyone there.

The tournament is organised by 4-5 rounds of match play to decide the order of the tournament. Then, it follows the rules of a ladder elimination tournament.

The tournament will begin right around 4:15 p.m. so don't be late! Now is your chance to stake your claim as Trondheim's pinball wizard!

SPORTS

DATE

Dec 12

PLACE

Work-Work

PRICE

150

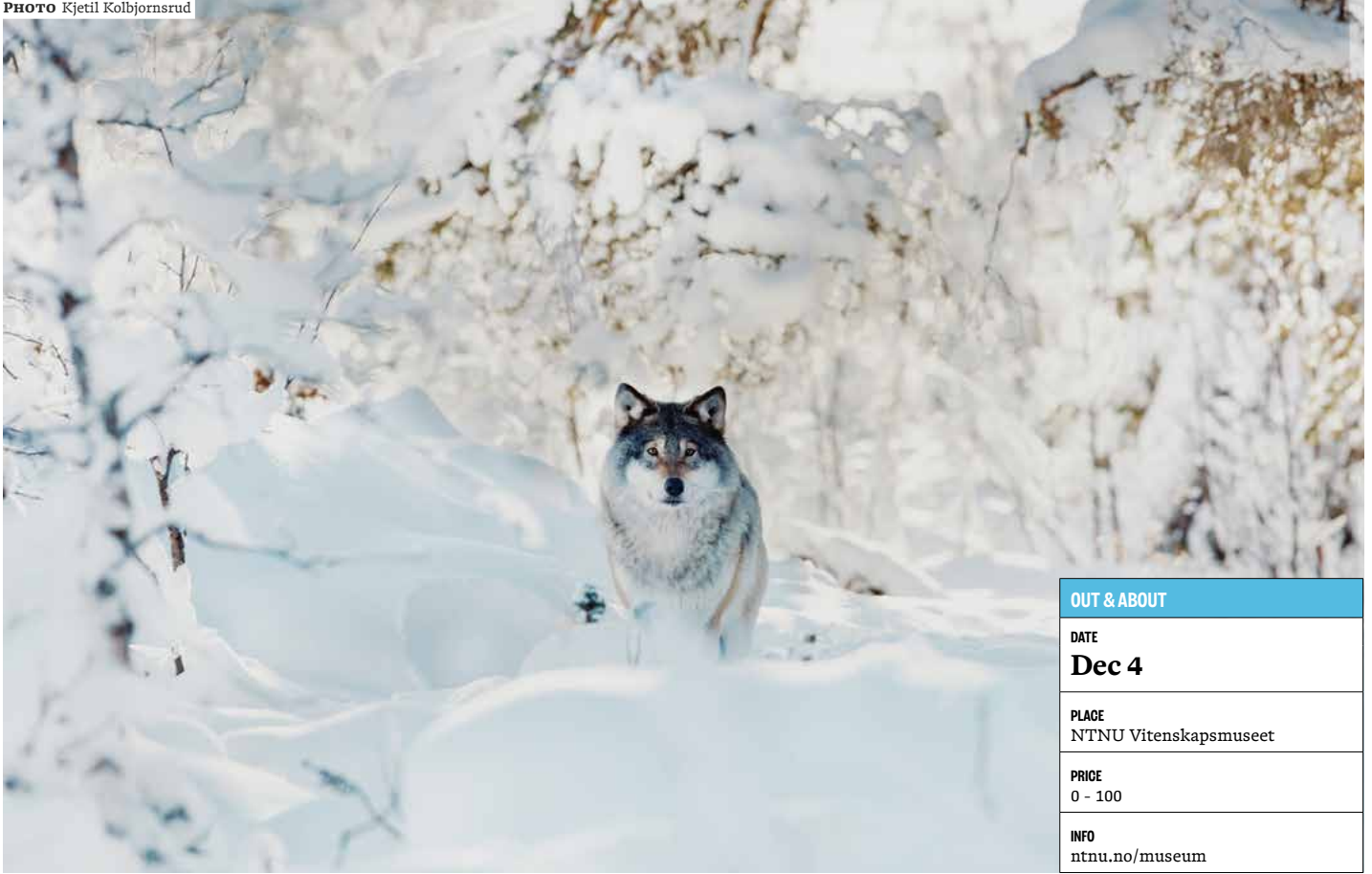
TIME

4:15 p.m.

INFO

work-work.no

PHOTO Kjetil Kolbjørnsrud



OUT & ABOUT

DATE

Dec 4

PLACE

NTNU Vitenskapsmuseet

PRICE

0 - 100

INFO

ntnu.no/museum

ULV! ULV! AN EXHIBITION AT NTNU UNIVERSITY MUSEUM

The Scandinavian Wolf: Menace or Misunderstood?

WOLF, WOLF! HOW LOUD IS your howl? And who will decide if you endure?

NTNU Vitenskapsmuseet (NTNU University Museum) invites you to learn and share your voice at the highly anticipated 'Ulv! Ulv!' - an exhibition on the Norwegian-Swedish wolf.

How many sayings or phrases can you think of that include or allude to the word 'wolf'? The boy who cried wolf, a lone wolf, part of the pack, the big bad wolf, The Wolf of Wall Street, to name only a few! How does this portrayal in popular culture affect our perception of this elusive creature?

If you have been paying attention to news in Norway for the last few years, you know about the hot-button Norwegian-Swedish wolf debate. Some view wolves as a threat to their livelihood, others see them as victims of a political game. But really, how much information is available that isn't filtered through personal bias?

We finally have the opportunity to engage with this information from a science-based, neutral approach. On December 4, NTNU Vitenskapsmuseet will present a special exhibition on the Norwegian-Swedish wolf. The exhibition Ulv! Ulv! is

presented in parallel to a research report that was three years in the making.

In 2016, the Norwegian parliament asked for an independent study to be conducted on the genetic and geographic origins of the Norwegian-Swedish wolf, as well as the relationship between wolves and dogs. The study was conducted between NTNU Vitenskapsmuseet and the University of Copenhagen. Don't worry, you don't have to be a biologist to understand or enjoy the exhibit! It promises to be interesting for families as well as the socially engaged citizen.

Have you ever wondered

about the genetic similarity between wolves and dogs? Have you considered what popular information could actually be false? How did the Vikings perceive of and engage with wolves? What are the statistics around the impact of wolves? How did the wolf become humankind's best friend?

Ulv! Ulv! invites you to engage with the information presented, to learn new facts. Join us at NTNU University Museum to be a part of understanding this species of wild animal. Be part of the discussion surrounding their fate and share your opinion!



K-U-K EXHIBITION: IT'S JUST A PHASE

THE LONG-AWAITED opening of Kjøpmannsgata Ung Kunst finally took place on November 19, and with it opened their first exhibition, which will be open until February of 2022. The Queen of Norway, Sonja, officially opened the venue. Jazz-musician Kristoffer Lo played a wonderful piece on his flugabone. There were great speeches by Kjell Erik Killi Olsen, the K-U-K staff, the curators, and closing remarks to officially open the exhibition by Anne Borg, the headmaster of NTNU.

"Trondheim is a vibrant city for art, with an extensive jazz and chamber music scene. Today the cultural landscape has gained a strong new player in Kjøpmannsgata Ung Kunst." -Anne Borg, Headmaster NTNU

It's Just a Phase, the opening exhibition, is a collection of works by various artists,

including Elinor Aurora Aasgaard, Constantin Hartenstein, Mahmoud Khaled, and Erika Stöckel.

It's Just a Phase is about the different phases of life, from birth to death. Covid-19 has changed our daily lives, making us more dependent on technology, and that technology changes the way the phases unfold. K-U-K and the artists have been working on this exhibition for a year and the artists behind the exhibited works have an age range of a hundred years!

Kjell Erik Killi-Olsen, a world-class Trondheim artist, (have you seen his work in the lower level of SpareBank1 SMN titled *Salamandernatten*? Highly recommend!) is the benefactor of K-U-K, which started in the same area as a kind of recurring pop-up shop. It is a gift to the city, because he wants young artists to have

a space to showcase and sell their art.

K-U-K is an art space but also a place to shop for art, hitting a variety of preferences. You can find Håkon Blekken, Therese Myran, Julie Ebbing, Killi-Olsen himself, among others, including up-and-coming artists.

"Buy young artists' art, it costs so little compared to what you use on cars and clothes." -Kjell Erik Killi-Olsen

ARTS & CULTURE

DATE

Nov 19 – Feb '22

PLACE

Kjøpmannsgata Ung Kunst

PRICE

170

INFO

k-u-k.no



TRONDHEIM SYMPHONY ORCHESTRA: THE SNOWMAN "I'M WALKING IN THE AIR"

RELIVE THE MAGIC OF THE British Christmas classic from 1982, accompanied with a real-life symphony orchestra.

Ronald Brigg's story of the snowman who comes to life and brings a young boy to the North Pole has mesmerised children and adults alike for decades. Created using traditional hand drawn techniques, the wordless animation is set to an orchestral soundtrack, which includes the iconic song *Walking in the Air*, written by composer Howard Blake. Get in the holiday spirit in Olavshallen this December!

MUSIC & NIGHTLIFE

DATE

Dec 16–17

PLACE

Olavshallen

PRICE

280

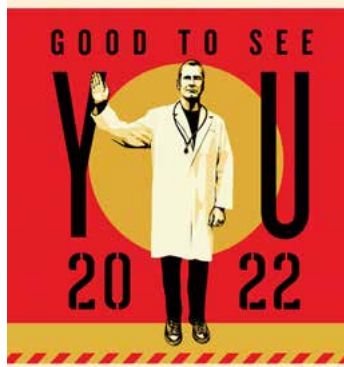
TIME

6 p.m.

INFO

olavshallen.no

HENRY ROLLINS SPOKEN WORD GOOD TO SEE YOU



IS IT A STAND-UP SHOW? IS it poetry? Is it a fiery political speech? We don't know, and when Henry Rollins enters the stage, that's part of the fun! An eclectic artist most known for fronting the band Black Flag in the 80s, Rollins has added to the mosaic that is his career with acting roles, political activism, writing, photography, entrepreneurship, and radio shows. On January the

19th he visits Byscenen with his new spoken word performance, another exciting turn on his winding road.

Black Flag was one of the earliest bands in the hardcore punk genre, and are known for their hard-hitting, yet experimental style, as well as their do-it-yourself aesthetic. With Rollins back on the stage, you get to hear the crazy anecdotes that only touring extensively with a punk band can get you, as well as reflections on music, life and the state of the world from this counter-culture icon. What happens when you take

the frenetic energy of hardcore punk and use it for oral storytelling? We don't know, but you can find out at Byscenen.

MUSIC & NIGHTLIFE

DATE

Jan 19, 2022

PLACE

Byscenen

PRICE

380

TIME

8 p.m.

INFO

byscenen.no



PHOTO Wil Lee-Wright

ROCKHEIM: EVERYBODY DANCE

THROUGHOUT HISTORY, people have gathered to dance. What we call 'folk music' and 'folk dance' today was once popular culture. Today, social media has made it possible to share your dance interest with the whole world.

Everybody Dance! provides an exciting insight into Nordic traditions, and is based on material collected from the Nordic countries. The aim of the exhibition is to make dance traditions visible as part of our common cultural heritage and help to pass it on to a new audience.

Through the exhibition, curator Tone Erlien Myrvold wants to show the social aspect of dance, how the power of dance unites people,

that dance exists regardless of time and place, and most importantly: that everyone can dance!

Everybody Dance! is a tribute to dance and dancing together and is composed of several interactive stations with, among other things, VR glasses that take you to an alternative dance universe. Through a combination of interactive installations and dance floors, visitors are invited to explore different ways of dancing together and to actively take part in the dance and to feel the rhythms in the body.

The exhibition is produced by the Norwegian Center for Folk Music and Folk Dance in collaboration with the Performing Arts Museum in Stockholm and the Theatre Museum in Helsinki based on the idea of curator Tone Erlien Myrvold.

MUSIC & NIGHTLIFE

DATE

Now – Aug '22

PLACE

Rockheim Museum

PRICE

0 - 150

INFO

rockheim.no

KOSMORAMA FILM FESTIVAL

OUT & ABOUT

DATE

Mar 7 – 13

PLACE

Kunsthall Trondheim

PRICE

960 - 1295

INFO

kosmorama.no

FESTIVALS ARE BACK, AND that includes film! Between March 7-13, you can gorge yourself on the excitement of sitting with your friends as the lights dim, the voices hush, and the story begins. With a curated program of films from all over the world, this is the place to go for stories you can't find at your regular cinema. Get ready for rare glimpses into the lives and the stories of other cultures, and get ready to find something unusual and great!

Kosmorama means more than just watching movies,

though. The full festival experience means getting to ask the filmmakers themselves about their art, experiencing films in new settings (previous favourites include "Jaws" in a swimming pool and "Three Nuts for Cinderella" in the historic Borggården), and discussing your experiences with other enthusiasts, perhaps over a drink at the end of the day.

Tickets are already on sale, though the program is still shrouded in mystery. However, if previous years are anything to go by, there is nothing to worry about, and if you're a student or an older person, you're in for a good discount.

So, if you want a week of full immersion into the world of film, meeting both the makers and the fans, Kosmorama is the event to book in your calendar for March 2022!



LISTINGS

ART AND CULTURE

Afternoon mass

01 Dec - 30 Mar

Weekly mid-day mass in the St. John chapel

Nidarosdomen
12:05, FREE
<https://www.nidarosdomen.no>

ART AND CULTURE

Beethoven Factory

2 Feb - 27 Nov 2022

Beethoven's 150 year anniversary celebrated at the local Ringve Music Museum

Ringve Music Museum
0 - 130
ringve.no

ART AND CULTURE

Evening mass with the Student congregation

5 December

Evening mass with the Student congregation

Nidarosdomen
18:00, FREE
<https://www.nidarosdomen.no>

ART AND CULTURE

Forfatternes Julemarked

4 December

Local Authors Christmas Market

Trondheim Folkebibliotek
12:00, FREE
<https://forfattersentrum.no/midt-norge/>

ART AND CULTURE

High Mass- Fourth Sunday in Advent

19 December

Sunday advent service

Nidarosdomen
11:00, FREE
<https://www.nidarosdomen.no>

ART AND CULTURE

High Mass- Second Sunday in Advent

5 December

Sunday advent service

Nidarosdomen
11:00, FREE
<https://www.nidarosdomen.no>

ART AND CULTURE

High Mass- Third Sunday in Advent

12 December

Sunday advent service

Nidarosdomen
11:00, FREE
<https://www.nidarosdomen.no>

ART AND CULTURE

ImproStunt at Rotvoll kunstnerkollektiv

4 Dec - 5 Dec

Anna Thu Schmidt, ImproDans
Trondheim with Sissel Vera
Pettersen, Martin Smidt, Katherine
Butcher, Pekka Stokke and Hanne
Dahl Geving.

Rotvoll Kunstnerkollektiv
19:00, 100 - 240 NOK
<https://rotvollkunst.no>

ART AND CULTURE

Mio, Min Mio at Trøndelag Theatre

27 Nov - 15 Feb

See the production of Mio, Min Mio at Trøndelag Theatre!

Trøndelag Teater
17:30, 220-330
trondelag-teater.no

ART AND CULTURE

Morning Song in the Chapter House

7 Dec - 29 Mar

Tuesday morning mass

Nidarosdomen
08:30, FREE
<https://www.nidarosdomen.no>

ART AND CULTURE

Niklas Delin at Dropsfabrikken

15 January

The artist Niklas Delin featured at Dropsfabrikken

Dropsfabrikken
FREE
dropsfabrikken.no

ART AND CULTURE

Permafrost

3 December

A photo & installation art exhibition by the prosjektutvikling class at fotofagskolen

Olav Tryggvasons gate 51
19:00, FREE
<https://fotofagskolen.no>

ART AND CULTURE

Poetry Pub

4 December

Poetry night at Antikvariatet

Antikvariatet
19:00, 50-80 NOK
<https://forfattersentrum.no>

ART AND CULTURE

Sex Ecologies

9 Dec - 6 Mar

The group exhibition Sex Ecologies explores gender, sex, and sexuality in the context of ecology.

Kunsthall Trondheim
FREE
kunsthalltrondheim.no

ART AND CULTURE

Sunday Mass in Hospitalskirken

5 December

Sunday mass in Hospitalskirken

Hospitalskirken
14:00, FREE
<https://www.nidarosdomen.no>

ART AND CULTURE

Superkid

7 Dec - 11 Dec

Experience Kingsford Siayor's personal story of choosing to save himself or his little brother.

Trøndelag Teater
19:30
trondelag-teater.no

ART AND CULTURE

The Hidden Rooms of Nidaros Cathedral

5 December

Discover the hidden rooms of the Nidaros Cathedral

Nidarosdomen
14:00, 250 NOK
<https://www.nidarosdomen.no>

ART AND CULTURE

The Hidden Rooms of Nidaros Cathedral

18 December

Discover the hidden rooms of the Nidaros Cathedral

Nidarosdomen
11:00, 250 NOK
<https://www.nidarosdomen.no>

ART AND CULTURE

The Hidden Rooms of Nidaros Cathedral

19 December

Discover the hidden rooms of the Nidaros Cathedral

Nidarosdomen
14:00, 250 NOK
<https://www.nidarosdomen.no>

ART AND CULTURE

The Hidden Rooms of Nidaros Cathedral

4 December

Discover the hidden rooms of the Nidaros Cathedral

Nidarosdomen
11:00, 250 NOK
<https://www.nidarosdomen.no>

ART AND CULTURE

The Hidden Rooms of Nidaros Cathedral

11 December

Discover the hidden rooms of the Nidaros Cathedral

Nidarosdomen
11:00, 250 NOK
<https://www.nidarosdomen.no>

ART AND CULTURE

The Hidden Rooms of Nidaros Cathedral

12 December

Discover the hidden rooms of the Nidaros Cathedral

Nidarosdomen
14:00, 250 NOK
<https://www.nidarosdomen.no>

ART AND CULTURE

Trondheim Mafja: Open Art-ery -22

8 January

Art fair for up and coming local young artist

Kultursenteret ISAK
11:00, FREE
<https://isak.no>

ART AND CULTURE

Vesper

3 Dec - 25 Mar

Traditional Gregorian Vesper Friday evening service

Nidarosdomen
18:00, FREE
<https://www.nidarosdomen.no>

KIDS AND FAMILY

Christmas at Rønningen

5 December

A day of holiday fun at Rønningen

Rønningen
10:00, FREE
<https://www.tt.no/aktiviteter/137097/901404/>

KIDS AND FAMILY

Dyrene i Hakkebakkeskogen (NØ)

30 January

Torbjørn Egner's beloved story of the animals of Hakkebakkeskogen turns 70!

Olavshallen
12:00, 355 NOK
<https://www.olavshallen.no>

KIDS AND FAMILY

Everybody dance! Så går vi rundt om en enebærbusk

11 December

Sing and dance your way through the museum, and who knows - maybe even Santa Clause makes an appearance?

Rockheim
12:00, 0-150 NOK
<https://rockheim.no>

KIDS AND FAMILY

Family Ice-skate with bonfire on Foldsjøen

22 Jan

Ice-skate and enjoy a bonfire afterwards!

Foldsjøen, Malvik
11:00
tt.no

LISTINGS

KIDS AND FAMILY

Get Outside in Ørlandet! for Families

6 Feb

Get yourself and your kids outside in Ørlandet with Trondheim Turistforeningen!

Fosenhalvøya
11 - 14
tt.no

KIDS AND FAMILY

Hula Hula - Hele Julia // Musikalfabrikken + Rasmus og Verdens Beste Band

6 Dec - 14 Dec

For children of all ages, everyones favourite band brings the holiday cheer to Olavshallen

Olavshallen
18:00, 310 NOK
https://www.olavshallen.no

KIDS AND FAMILY

Jul på Månetoppen

8 December

The NRK classic children's show comes to life in Olavshallen this advent

Olavshallen
18:45, 355 NOK
https://www.olavshallen.no

KIDS AND FAMILY

Julesøndag!

28 Nov

A day filled with Christmas fun at Ringve Museum

Ringve Musikkmuseum
12:00, 100-150 NOK
https://ringve.no

KIDS AND FAMILY

Julevoll Family show

4 Dec - 19 Dec

Family Christmas show at Voll Gård

Voll Gård
11:00, 735 NOK
http://vollgard.no

KIDS AND FAMILY

LYTT - musikk i Planetariet: Vince Guaraldi - A Charlie Brown Christmas

16 December

A Charlie Brown Christmas in Planetariet

Vitensenteret
19:00, 120 NOK
vitensenteret.com

KIDS AND FAMILY

Mandarinsaft - den magiske juledrikken (NO)

5 December

A magical Christmas story in cozy surroundings

Rønningen
12:00, 50 - 75 NOK
https://www.tt.no/

KIDS AND FAMILY

Peppa Pig Live

30 Mar - 31 Mar

Peppa Pig and her friends are in town!

Olavshallen
18:30, 385-435 NOK
https://www.olavshallen.no

KIDS AND FAMILY

Rasmus & verdens beste band

28 December

Enjoy Rasmus and his band sing in Norwegian! For families

Klæbuhallen
13:00 - 18:00
trondelag.com

KIDS AND FAMILY

The Christmas Mystery

4 December

A Christmas adventure in the Archbishop's Palace

Erkebispegården
13:00, 70-100 NOK
https://www.nidarosdomen.no

KIDS AND FAMILY

Trondheim Pepperkake City

27 Nov - 31 Dec

For the third year in a row, see the city recreated in ginger bread

Byhaven
09:00, 0-75 NOK
https://www.facebook.com/trondheimpepperkakeby/

KIDS AND FAMILY

Trondheim Symphony Orchestra Open House

12 February

Take the opportunity to go behind the scenes of TSO

Olavshallen
11:00, FREE
tso.no

MUSIC AND NIGHTLIFE

A festival of nine lessons and carols

14 December

Trondheim Anglicans Traditional Lessons & Carols Service

Nidarosdomen
18:00, FREE
https://www.nidarosdomen.no

MUSIC AND NIGHTLIFE

Adressavisen & TSO'S New Year's Concert 2022

7 Jan - 8 Jan

"Same procedure as every year, James"

Olavshallen
19:00, 490-685 NOK
https://www.olavshallen.no

MUSIC AND NIGHTLIFE

All Good Clean Records

2 December

Waste a Saint, White Tundra, Dune Sea

Lokal
7:30, 150-200 NOK
https://www.lokal.bar

MUSIC AND NIGHTLIFE

Andrew Lloyd Webber Musical Gala

22 February

Honoring the magic world of the Andrew Lloyd Webber song book

Olavshallen
20:00, 695 NOK
https://www.olavshallen.no

MUSIC AND NIGHTLIFE

Anneke van Giersbergen + Kari Rueslåtten

4 December

Anneke van Giersbergen and Kari Rueslåtten at Ringve Music Museum

Ringve Musikkmuseum
19:30, 250 NOK
https://ringve.no

MUSIC AND NIGHTLIFE

Araba

9 February

Traditional West-African music heating up the Trondheim winter

Antikvariatet
20:00, 100-170 NOK
https://www.facebook.com/antikvarene

MUSIC AND NIGHTLIFE

Barren Womb + Cult Member

14 January

Possibly Norway's best live band? Find out for yourself

Verkstedhallen
20:30, 220 NOK
http://www.verkstedhallen.no

MUSIC AND NIGHTLIFE

Bellamy Brothers

15 January

Country music legends Bellamy Brothers graces Trondheim with their presence

Olavshallen
19:00, 605 NOK
https://www.olavshallen.no

MUSIC AND NIGHTLIFE

Bendik

11 March

A girl with a boy's name, tender songs in powerful arrangements

Byscenen
21:00, 280 NOK
https://byscenen.no

MUSIC AND NIGHTLIFE

Bjørn Tomren

26 February

Whether you like americana, religious folk tunes, jazz, yodeling, throat singing, dialect-punk or psychedelic-protest music, Bjørn Tomren is the artist for you.

Olavshallen
21:30, 565 NOK
https://www.olavshallen.no

MUSIC AND NIGHTLIFE

Børreks Firo AKA G.O.D.S.

16 December

Børreks iz BACK!!

Fru Lundgreen
22:00, 250 NOK
http://frulundgreen.no/

MUSIC AND NIGHTLIFE

brenn.

10 February

New album January 2022

Studentersamfundet
22:00, 150-250 NOK
https://samfundet.no

MUSIC AND NIGHTLIFE

Christmas Concert Starlight Big Band

11 December

New arrangements of well and lesser known Christmas tunes with a less traditional line up

Dokkhuset
20:00, 100-220 NOK
https://dokkhuset.no

MUSIC AND NIGHTLIFE

Christmas Concert: Sara Fjeldvær & Alexander Riris

3 December

Students from NTNU jazz

Vår Frue Kirke
18:00, FREE
https://www.nidarosdomen.no

MUSIC AND NIGHTLIFE

Christmas Party with Nymusikk Trondheim

18 December

Rosendal repeats last year's Christmas party success by gathering fine people across genres from Trondheim's rich music life, to a Christmas party in the spirit of nyMusikk!

Rosendal Teater
20:00, 100-240 NOK
https://rosendalteater.no/en/

MUSIC AND NIGHTLIFE

Christmas with Bettan & Are Hembre

8 December

Elisabeth Andreassen and Are Hembre

Vår Frue Kirke
19:00, 495 NOK
https://www.nidarosdomen.no

MUSIC AND NIGHTLIFE

Christmas with Nordic Tenors

21 December

A beautiful and entertaining Christmas concert

Olavshallen
18:00, 565 NOK
https://www.olavshallen.no

LISTINGS

MUSIC AND NIGHTLIFE

Dagny

25 February

The reigning queen of Norwegian pop

Studentersamfundet
22:00, 300-400 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Dagny (bonus date)

26 February

The reigning queen of Norwegian pop

Studentersamfundet
22:00, 300-400 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Dark Side of the Wall - The Nordic Floyd Show

18 February

Possibly the world's greatest Pink Floyd tribute band - approved by Roger Waters himself

Olavshallen
21:00, 615 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Deilig er Jorden

10 December

Rein Alexander, Anita Skorgan and friends

Vår Frue Kirke
18:00, 515 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Deilig er Jorden

10 December

Rein Alexander, Anita Skorgan and friends

Vår Frue Kirke
20:30, 515 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Deilig er Jorden

11 December

Rein Alexander, Anita Skorgan and friends

Melhus Kirke
18:00, 515 NOK
<https://kirken.no/nb-NO/fellesrad/melhus>

MUSIC AND NIGHTLIFE

Den Store Juletreffesten VII

11 December

An alternative Christmas party for pop- and rock music lovers

Byscenen
22:00, 350 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Den Store Juletreffesten VII

11 December

Christmas comes early to Byscenen

Byscenen
22:00, 350 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Desemberstemninger - Ole Edvard Antonsen, Knut Marius Djupvik & Stine Hole Ulla

13 December

Get in the December mood with Ole Edvard Antonsen, Knut Marius Djupvik and Stine Hole Ulla

Olavshallen
19:30, 565 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Det Nye Norske Storband Christmas Concert

15 December

An evening of warm and cozy big band holiday tunes

Dokkhuset
20:00, 100-300 NOK
<https://dokkhuset.no>

MUSIC AND NIGHTLIFE

Dødsdømt + Lokal Politikk

15 January

High tempo angry punk from some of the pioneers of the Norwegian punk scene

Verkstedhallen
20:30, 200 NOK
<http://www.verkstedhallen.no>

MUSIC AND NIGHTLIFE

Dr.Hook feat. Dennis Locorriere

29 January

Revisit some of the greatest hits of the 70s and 80s with the legendary Dr. Hook

Olavshallen
19:00, 630 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Falle til Ro - A Christmas Concert: Eva Weel Skram

5 December

An evocative Christmas concert by Norwegian song bird Eva Weel Skram

Olavshallen
18:00, 605 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

FASTLOVE // A Tribute to George Michael

22 February

The World's largest George Michael celebration

Tapperiet På Dahls
20:00, 550 NOK
<https://www.tapperietpaadahls.no>

MUSIC AND NIGHTLIFE

Feminalen Presents: Sámi Christmas w/Kajsa Balto

10 December

Sámi juovllat; Christmas from a sámi perspective

Lokal Bar
19:00, 200-250 NOK
<http://www.feminalen.no>

MUSIC AND NIGHTLIFE

Geoff Tate (US) + Ghost Avenue

19 February

Queensryche vocalist Geoff Tate with special guest Ghost Avenue

Byscenen
21:00, 350 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Hekla Stålstrenga: Julefolk

14 December

Christmas concert with Hekla Stålstrenga

Vår Frue Kirke
18:30, 270-535 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Hekla Stålstrenga: Julefolk

15 December

Christmas concert with Hekla Stålstrenga

Vår Frue Kirke
18:30, 270-535 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Hekla Stålstrenga: Julefolk

16 December

Christmas concert with Hekla Stålstrenga

Levanger Kirke
18:30, 270-535 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Hekla Stålstrenga: Julefolk

17 December

Christmas concert with Hekla Stålstrenga

Steinkjer Kirke
18:30, 270-535 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Helene Bøksle Christmas Concert

6 December

Helene Bøksle has one of the most beautiful voices in Norway

Vår Frue Kirke
18:00, 530 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Honningbarna

15 January

Honningbarna is back!

Studentersamfundet
22:00, 230-290 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Iris

22 January

Soft and honest electropop for the masses

Studentersamfundet
22:00, 240-290 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

It's Snowing on my piano - Bugge Wesseltøft

20 December

It's Snowing On My Piano is a reminder to count your blessings during the holiday season

Olavshallen
20:00, 495 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

J.S. Bach - The Christmas Oratorio

2 December

Hilde Gjermundsen - sopran, Astrid Nordstad - alt, Martin Vanberg - tenor, Florian Götz - bass

Nidarosdomen
19:30, 170 - 480 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

J.S. Bach - The Christmas Oratorio

3 December

Hilde Gjermundsen - sopran, Astrid Nordstad - alt, Martin Vanberg - tenor, Florian Götz - bass

Nidarosdomen
19:30, 170-480 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Jazzfest Exclusive: Sinne Eeg Group

3 February

The European jazz supergroup

Dokkhuset
20:00, 190-290 NOK
<https://www.jazzfest.no>

MUSIC AND NIGHTLIFE

Jenny Hval

26 March

Artist, composer and artist Jenny Hval is back!

Dokkhuset
19:00, 190-290 NOK
<https://www.konsertkollektiv.no>

MUSIC AND NIGHTLIFE

Jul med Motorpsycho

4 December

Everyone's favourite Trondheim rockers are back at Byscenen

Byscenen
22:00, 430 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Juleblues

29 Dec

Experience the Trondheim Blues Scene

Royal Garden Hotel
21:00, 665 NOK
<https://www.facebook.com/juleblues/>

LISTINGS

MUSIC AND NIGHTLIFE

Julefryd

18 December

Nidaros Cathedral's Girls Choir

Nidarosdomen
18:00, 170-480 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Julefryd

19 December

Nidaros Cathedral's Girls Choir

Nidarosdomen
16:00, 170-480 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Julegleder - Maj Britt Andersen

19 December

Maj Britt Andersen's Christmas concert for the whole family

Vår Frue Kirke
16:00, 215-370 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Julejazz

28 December

A yearly romjul tradition

Scandic Nidelven Hotel
18:00, 625 NOK
<https://www.jazzfest.no>

MUSIC AND NIGHTLIFE

Kosmorama & TSO: Norway, Our Norway in music and images

10 March

TSO in collaboration with Kosmorama film festival

Olavshallen
19:30, TBA
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Kurt Nilsen with Special guest Christel Alsos

6 Dec - 7 Dec

Have Yourself a Merry Little Christmas with Kurt Nilsen and Christel Alsos

Olavshallen
18:30, 645 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Kvelertak

4 February

The chieftains of Norwegian hard rock

Studentersamfundet
22:00, 300-360 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Kvelertak

4 Feb - 5 Feb

The chieftains of Norwegian hard rock

Studentersamfundet
22:00, 300-360 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Looking for the Christmas feeling

9 December

Trondheim Brassband and the children's choir from Charlottenlund Barneskole

Lademoen Kirke
20:00, 0-140 NOK
<https://politibrass.hoopla.no>

MUSIC AND NIGHTLIFE

Lucia Morning

13 December

A magical Lucia morning in Vår Frue Kirke with Cantus

Vår Frue Kirke
07:30, 0-200 NOK
<http://cantus.no>

MUSIC AND NIGHTLIFE

LYTT - music in the Planetarium: Beyoncé - Lemonade

15 December

Music in the Planetarium: Beyoncé - Lemonade

Vitensenteret
20:30, 120 NOK
vitensenteret.com

MUSIC AND NIGHTLIFE

Magnus Grønneberg / Palmehaven

27 December - 28 December

This Christmas, the CC Cowboys front man will perform songs from his solo albums and the CC Cowboys' back catalogue

Britannia Hotel
19:00, 1995 NOK
<https://britannia.no>

MUSIC AND NIGHTLIFE

Me & Dolly - Hanne Sørvaag

13 February

Hanne Sørvaag will always love Dolly Parton and if you do too, this is the show for you!

Olavshallen
19:00, 580 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Morten Abel / Palmehaven

29-30 December

Morten Abel brings his series of immortal hits and his colourful stage personality to Palmehaven

Britannia Hotel
19:00, 2095 NOK
<https://britannia.no>

MUSIC AND NIGHTLIFE

Moyka

19 February

Moyka's first solo tour

Studentersamfundet
22:00, 240-290 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

MYRA

12 February

MYRA // Klubben

Studentersamfundet
22:00, 240-290 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Nå tennes tusen julelys

11 December

Cantus choir Christmas Concert

Vår Frue Kirke
20:30, 0-300 NOK
<http://cantus.no>

MUSIC AND NIGHTLIFE

Nå tennes tusen julelys

11 December

Cantus choir Christmas Concert

Vår Frue Kirke
19:00, 0-300 NOK
<http://cantus.no>

MUSIC AND NIGHTLIFE

Nå tennes tusen julelys

11 December

Cantus choir Christmas Concert

Vår Frue Kirke
16:00, 0-300 NOK
<http://cantus.no>

MUSIC AND NIGHTLIFE

New Year's Day: Britannia Superior Swing Orchestra

1 January, 1860 NOK

Britannia Superior Swing Orchestra in Palmehaven

Britannia Hotel
19:00, 1860 NOK
<https://britannia.no>

MUSIC AND NIGHTLIFE

New Years Eve: Britannia Superior Swing Orchestra

31 December

Celebrate New Year's Eve in style in Palmehaven

Britannia Hotel
19:00, 2095 NOK
<https://britannia.no>

MUSIC AND NIGHTLIFE

Odd Nordstoga & the Norwegian Chamber Orchestra

19 December

Experience a modern Norwegian Christmas classic with Odd Nordstoga and the Norwegian Chamber Orchestra

Olavshallen
18:00, 650 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Ola Kvernberg's Steamdome

11 February

Ola Kvernberg's Steamdome is back with a new album

Studentersamfundet
22:00, 290-370 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Ole Edvard Antonsen for one night only

12 December

One of Norway's most influential musicians

Britannia Hotel
19:00, 2195 NOK
<https://britannia.no>

MUSIC AND NIGHTLIFE

Oslo Ess (+Joyless)

3 December

Oslo Ess is back and they are all grown up

Byscenen
21:00, 350 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Palmehaven: Kåre Conradi

1-2 December

Kåre Conradi is one of Norway's leading actors on stage and screen.

Britannia Hotel
19:00, 2095 NOK
<https://britannia.no/>

MUSIC AND NIGHTLIFE

Pre-Christmas matiné - Fruens kor & guests

9 December

Free advent concert

Vår Frue Kirke
14:00, FREE
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Raindogs - celebrating Tom Waits

16 December

A celebration of the universe of Tom Waits

Dokkhuset
21:00, 320 NOK
<https://dokkhuset.no>

MUSIC AND NIGHTLIFE

Ringnes-Ronny Danspunk Tour 2022

8 January

The godfather of dance punk

Tapperiet på Dahls
20:00, 375 NOK
<https://www.tapperietpaadahls.no>

MUSIC AND NIGHTLIFE

S. Møller Storbånd Swinger Julen Inn

5 December

S. Møller's Big Band join forces with choirs from Studentersamfundet to get you swinging into Christmas

Byscenen
19:00, 150-250 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Saa glad er vi!

13 December

Ad Libitum choir advent concert

Vår Frue Kirke
19:30, 0-280 NOK
<https://www.nidarosdomen.no>

LISTINGS

MUSIC AND NIGHTLIFE

Second Day of Christmas Party

26 December

The last party at Samfundet in 2021

Studentersamfundet
21:00, 250-300 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Silje Nergaard with Espen Berg / Palmehaven

15-16 December

Silje Nergaard's album At First Light, with over 140,000 copies sold, is Norway's best-selling jazz album of all time.

Britannia Hotel
19:00, 2095 NOK
<https://britannia.no>

MUSIC AND NIGHTLIFE

Silya & The Bad Santas

December 15

Happy Holiday!

Byscenen
20:30, 450 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Sinco Orchestra w/special guests RABBAGAST

11 December

Christmas, New Orleans style

Ringve Musikkmuseum
20:00, 120-275 NOK
<https://sincoorchestra.hoopla.no/sales/>

MUSIC AND NIGHTLIFE

Smokie

5 March

With hits like Living Next Door To Alice, Have You Ever Seen the Rain, and Lay Back in the Arms of Someone, an evening with Smokie is guaranteed to make you sing along

Olavshallen
19:00, 560 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Sondre Lerche

21 January

Sondre Lerche is back in Storsalen

Studentersamfundet
22:00, 250-330 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Spidergawd

22 January

Spidergawd is finally back!

Byscenen
21:00, 320 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Sugarfoot

18 December

Merry Everything & Happy Always

Byscenen
21:00, 320 - 430 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

Swinging Christmas!

2 December

The Norwegian Air Force big band gives you a swinging Christmas

Byscenen
19:30, 225-300 NOK
<https://byscenen.no>

MUSIC AND NIGHTLIFE

The Armed Forces Pre-Christmas show

16 December

The armed forces Christmas parade is a beloved tradition

Nidarosdomen
11:00, FREE
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Tiësto with special guest Matoma

9 December

The Godfather of EDM

Trondheim Spektrum
19:00, 735 NOK
<https://trondheimspektrum.no>

MUSIC AND NIGHTLIFE

Time for dilly dally - The Apes&Babes Pre-Christmas Concert

12 December

Let your shoulders drop and your pre-Christmas worries disappear with Norway's best vocal ensemble's yearly Christmas concert

Dokkhuset
18:00, 195-295 NOK
<https://dokkhuset.no>

MUSIC AND NIGHTLIFE

Trondheim Ballroom Orkester og Sangere - Juletona

12 December

Christmas concert in Kolstad Church

Kolstad Kirke
21:00, 120 - 275 NOK
<https://tbo.hoopla.no/sales/425814483>

MUSIC AND NIGHTLIFE

Trondheim Konsertkollektiv: Gabrielle

4 March

Energetic pop music in Bergensk, Gabrielle is queen of the dancefloor

TapperietPaaDahls
19:00, 350 - 450 NOK
<https://www.konsertkollektiv.no>

MUSIC AND NIGHTLIFE

Trondheim Konsertkollektiv: Pom Poko

18 February

The best live band in Norway?

Trykkeriet Scene
19:00, 260-340 NOK
<https://www.konsertkollektiv.no/konserter/2022/pompoko>

MUSIC AND NIGHTLIFE

Trondheim Symphony Orchestra & Opera - Classical Christmas Concert

15 December

TSO's classic Christmas Concert is a don't miss

Olavshallen
18:00, 200 - 495 NOK
<https://www.olavshallen.no>

MUSIC AND NIGHTLIFE

Trondheim Voices

12 December

Trondheim Voices Advent Concert

Vår Frue Kirke
18:00, TBA
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Trondheimsolistene with Håvard Gimse

3 February

Chamber music:
Trondheimsolistene with Håvard Gimse

Olavshallen
19:30, TBA
tso.no

MUSIC AND NIGHTLIFE

TSO - Prokofjev & Dvorak

13 January

Trondheim Symphony Orchestra:
Prokofjevs Sinfonia Concertante & Dvořák's Symfoni nr. 7

Olavshallen
19:30, TBA
<https://www.tso.no>

MUSIC AND NIGHTLIFE

TSO: Brahms & Schumann

10 February

Directed by Anja Bihlmaier with soloist Alexander Melnikov

Olavshallen
19:30, TBA
<https://www.tso.no>

MUSIC AND NIGHTLIFE

TSO: Mozart & Mahler

20 January

Trondheim Symphony Orchestra plays Mozart & Mahler

Olavshallen
19:30, TBA
<https://www.tso.no>

MUSIC AND NIGHTLIFE

TSO: Sjostakovitsj & Bartok

27 January

Trondheim Symphony Orchestra

Olavshallen
19:30, TBA
tso.no

MUSIC AND NIGHTLIFE

TSO: The sound of Paris

17 February

Travel back in time to Paris in the beginning of the 1900s with Trondheim Symphony Orchestra

Olavshallen
19:30, TBA
<https://www.tso.no>

MUSIC AND NIGHTLIFE

Valkyrien Allstars

13 January

Back by popular demand

Studentersamfundet
21:00, 190-250 NOK
<https://samfundet.no>

MUSIC AND NIGHTLIFE

Vår Jul

2 December

Christian Ingebrigtsen, Maria Arredondo, Torstein Sødal, Gaute Ormåsén and Inger Lise Rypdal

Nidarosdomen
21:00, 325-515 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Vi synger julen inn!

11 December

Nidaros Cathedral Boys Choir

Nidarosdomen
15:00, 375-425 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Vi synger julen inn!

11 December

Nidaros Cathedral Boys Choir

Nidarosdomen
18:00, 375-425 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Vi synger julen inn!

12 December

Nidaros Cathedral Boys Choir

Nidarosdomen
18:00, 375-425 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Vi synger julen inn!

10 December

Nidaros Cathedral Boys Choir

Nidarosdomen
18:00, 375-425 NOK
<https://www.nidarosdomen.no>

MUSIC AND NIGHTLIFE

Violet Road

12 February

New album, A New Day Begins 2021

Byscenen
21:00, 450 NOK
<https://byscenen.no>

LISTINGS

MUSIC AND NIGHTLIFE

Zupermaria

5 March

Zuper hero, zuper woman - Zupermaria!

Studentersamfundet
22:00, 170-225 NOK
<https://samfundet.no>

OUT AND ABOUT

Knitting at Sponhuset

5 December

Dreamknit

Sponhuset
16:00, FREE
<https://www.facebook.com/sponhuset>

OUT AND ABOUT

Lørdag på Søndag!

5 Dec - 19 Dec

Open mic night every Saturday at Antikvariatet

Antikvariatet
19:00, FREE
<https://www.facebook.com/antikvarene/>

OUT AND ABOUT

Music Quiz

16 December

Test your music trivia skills at Rockheim!

Rockheim
19:00, FREE
<https://rockheim.no>

OUT AND ABOUT

Rørosmartnan

15 Feb - 19 Feb

Historical winter market in Røros

Røros
12:00, FREE
<https://rorosmartnan.no>

OUT AND ABOUT

Trondheim Vinfest 2022

17 March

First annual Trondheim wine festival

Britannia Hotel
TBA
<https://www.trondheimvinfest.no>

OUT AND ABOUT

Vorsdag: Stand Up - Open Mic

16 December

Stand Up Open Mic night at Antikvariatet

Antikvariatet
20:00, 100 NOK
<https://www.facebook.com/antikvarene>

SPORTS

Femundsløpet

3 Feb - 7 Feb

The Femund Dog sledding race

Røros
18:00, FREE
<https://www.femundlopet.no/>

SPORTS

Handball: Byåsen - Asker

13 March

Byåsen vs. Asker women's handball

Kolstad Arena
18:00, TBA
<https://byaasen.no>

SPORTS

Handball: Byåsen - Fana

23 January

Byåsen vs. Fana ladies handball

Kolstad Arena
0 - 300
<https://byaasen.no>

SPORTS

Handball: Byåsen - Follo

9 January

Byåsen vs. Follo ladies handball

Kolstad Arena
120-300
<https://byaasen.no>

SPORTS

Handball: Byåsen - Oppsal

23 March

Byåsen vs. Oppsal women's handball

Kolstad Arena
18:30, TBA
<https://byaasen.no>

SPORTS

Handball: Byåsen - Storhamar

13 February

Byåsen vs. Storhamar women's handball

Kolstad Arena
17:00, TBA
<https://byaasen.no>

SPORTS

Handball: Byåsen - Tertnes

27 February

Byåsen vs. Tertnes women's handball

Kolstad Arena
16:00, TBA
<https://byaasen.no>

SPORTS

Handball: Byåsen - Vipers

02 February

Byåsen vs. Vipers women's handball

Kolstad Arena
18:00, 0 - 300
<https://byaasen.no>

SPORTS

Handball: Kolstad - Bækkelaget

9 April

Kolstad vs. Bækkelaget Men's Handball

Kolstad Arena
18:00, 50-200 NOK
<https://kolstad-handball.no>

SPORTS

Handball: Kolstad - Drammen

2 March

Kolstad vs. Drammen Men's Handball

Kolstad Arena
18:00, 50-200 NOK
<https://kolstad-handball.no>

SPORTS

Handball: Kolstad - Halden

15 December

Kolstad vs. Halden Men's Handball

Kolstad Arena
18:00, 50-200 NOK
<https://kolstad-handball.no>

SPORTS

Handball: Kolstad - Kristiansand

9 February

Kolstad vs. Kristiansand Men's Handball

Kolstad Arena
18:00, 50-200 NOK
<https://kolstad-handball.no>

SPORTS

Handball: Kolstad - ØIF Arendal

21 December

Kolstad vs. ØIF Arendal Men's Handball

Kolstad Arena
18:00, 50-200 NOK
<https://kolstad-handball.no>

SPORTS

Handball: Kolstad - Sandefjord

20 February

Kolstad vs. Sandefjord Men's Handball

Kolstad Arena
16:00, 50-200 NOK
<https://kolstad-handball.no>

SPORTS

Handball: Kolstad - Tønsberg Nøtterøy

9 March

Kolstad vs. Tønsberg Nøtterøy Men's Handball

Kolstad Arena
18:00, 50-200 NOK
<https://kolstad-handball.no>

SPORTS

Ice Hockey: Nidaros - Comet

11 Dec

Nidaros Hockey vs. Halden Comet

Leangen Ishall
15:00, 110-146 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros - Comet

12 December

Nidaros Hockey vs. Halden Comet

Leangen Ishall
16:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros - Furuset

19 February

Nidaros Hockey vs. Furuset

Leangen Ishall
15:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros - Furuset

20 February

Nidaros Hockey vs. Furuset

Leangen Ishall
16:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros - Lørenskog

15 January

Nidaros Hockey vs. Lørenskog

Leangen Ishall
15:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros - Lørenskog

16 January

Nidaros Hockey vs. Lørenskog

Leangen Ishall
16:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros - Narvik

27 February

Nidaros Hockey vs. Narvik Hockey

Leangen Ishall
16:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros vs. Comet

29 January

Nidaros Hockey vs. Halden Comet

Leangen Ishall
15:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Ice Hockey: Nidaros vs. Lørenskog

18 December

Nidaros Hockey vs. Lørenskog

Leangen Ishall
15:00, 110-240 NOK
<https://nidaroshockey.no>

SPORTS

Norwegian Sports Galla 2022

8 January

Yearly galla event to celebrate Norwegian sports

Trondheim Spektrum
18:45, 265-1245 NOK
<https://trondheimspektrum.no>

IN THIS ISSUE

Food & Drink

MAP



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DIGS

TAKE A LITTLE WANDER through Peter Egges Plass, and you'll find DIGS! Attached to the historical landmark of St. Clement's Church, behind Trondheim Public Library.

Enjoy seasonal meals made by locally produced ingredients in a modern atmosphere. You can grab a bite, relax, work, or study while sipping a hot cup of Pala coffee, a matcha latte, or grab a brew with friends. Book your company's Christmas Party at DIGS.

DIGS café serves unique daily lunches, as well as an à la carte menu, as well as baked goods and desserts. We highly recommend the cookies!

LOCATION
Krambugata 2, Trondheim

HOURS
Monday-Friday 8am-5pm, Saturday 11am-5pm



LOCATION
Strandveien 71, 7042 Trondheim

CONTACT
40 69 74 00

HOURS
Tuesday – Saturday 5pm – 12am

E.C. Dahls Pub og Kjøkken

YOU'LL FIND E.C. DAHLS PUB og Kjøkken at the northern end of Lademoen right next to the iconic E.C. Dahls Brewery. Both the pub and the restaurant are inspired by American cuisine, placing a heavy focus on barbeque and dry aged meats (they have the best meat dehydrator in town!). With the E.C. Dahls name you know the beer will be plentiful, and delicious. Make sure to swing

by this winter to taste their selection of craft beers. Book a table at the restaurant, or just drop by the pub.

In addition, E.C. Dahls Pub og Kjøkken offers guided tours and tastings at the brewery, so you can learn about the history behind, and making of, their exclusive brews. Perfect as an activity with your friends or visiting family.



PHOTO Camilla Kvalvik Nilssen

Lager11

LOCATION
Kjøpmannsgata 38, Trondheim

CONTACT
73 10 99 88
booking@gubalari.no

HOURS
Wednesday – Saturday 11am – 11 pm, Sunday – Tuesday 11am – 6pm

WELCOME TO TRONDHEIM'S it-spot for street food, art, and music! Lager11 is much more than just food, it's a place to hang-out, connect, and enjoy yourself.

Lager11 offers food from all around the world at their nine indoor food stalls. Everything from Polish pierogi to Vietnamese bánh mì.

Located in Sluppen, you can get there via metro-bus, or, if you are up for an adventure, by an electric-scooter.

Bring your friends and enjoy a good time at Lager11!

GUBALARI

AT THE NEWLY OPENED K-U-K - Gubalari is Trondheim latest addition to the restaurant scene. Gubalari was a term introduced by Norway's beloved tv-chef Ingrid Espelid Hovig in the 70s. Ingrid was a food trend pioneer and in her spirit, Gubalari aims to give you the best cuisine from the last 50 years. In a brand-new space, adorned with new sculptural art from Trondheim's very own (and K-U-K benefactor), Kjell Erik Killi Olsen, Gubalari is the perfect place for a winter time lunch or dinner date.

LOCATION
Kjøpmannsgata 38, Trondheim

CONTACT
73 10 99 88
booking@gubalari.no

HOURS
Wednesday - Saturday 11am - 11 pm,
Sunday - Tuesday 11am - 6pm



Habitat

Evolution of craft

LOCATION
Olav Tryggvassons
gate 30

CONTACT
f habitattrondheim

HOURS
Monday-Thurs 11-23
Fri & Sat 11-02
(Currently Tuesday,
Wednesday and
Thursday 15.00-22.30
and Friday-Saturday
13.00-22.30)

HABITAT IS TRONDHEIM'S OASIS for experimental craft brew and delicious pizza. Their 244 taps are consistently pouring the best selection of craft brew, cider, and kombucha, both from Norway and abroad. Habitat is especially proud of their in-house brewery, operated by Monkey Brew, who concoct all kinds of awesomeness in their basement "Monkey Lab." The pizza bases are sourdough, the toppings fresh, and the oven hot! And if brew and pizza aren't your thing, you can always hang out in their toilets and listen to David Attenborough's soothing voice. Welcome to your new favorite Habitat!

To Rom og Kjøkken

LOCATION
Carl Johans gate 5, 7010
Trondheim

CONTACT
73 56 89 00

HOURS
Monday - Saturday
5pm to 12am

RUN BY ROAR HILDONEN and Alexander Skjefte - both with great passion for food and drink - To Rom og Kjøkken focuses on the best produce from Trøndelag, the largest food region in Norway with a wide variety of seafood and other delicious local, small-scale products. To Rom og Kjøkken takes inspiration from french and nordic cuisine and uses world class ingredients from trøndelag in a unique way with no compromise. The restaurant also boasts an extensive selection

of 650 wines and 100 beers.

To Rom og Kjøkken has a White Guide recommendation, tops Trip Advisor's charts, recommended by Wine Spectator, is repeatedly given six out of six by national newspapers and was personally endorsed by chef Gordon Ramsey on his visit to Trondheim. This formal yet cosy restaurant, nestled in the centre of town, is where food lovers return to time and time again. Try their famous shellfish, they are always on the menu.



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❄️

Christmas Has Arrived

❄️

Trondheim Torg

The main shopping center in Trondheim



❄️ trondheimtorg.no ❄️