

THE LIST

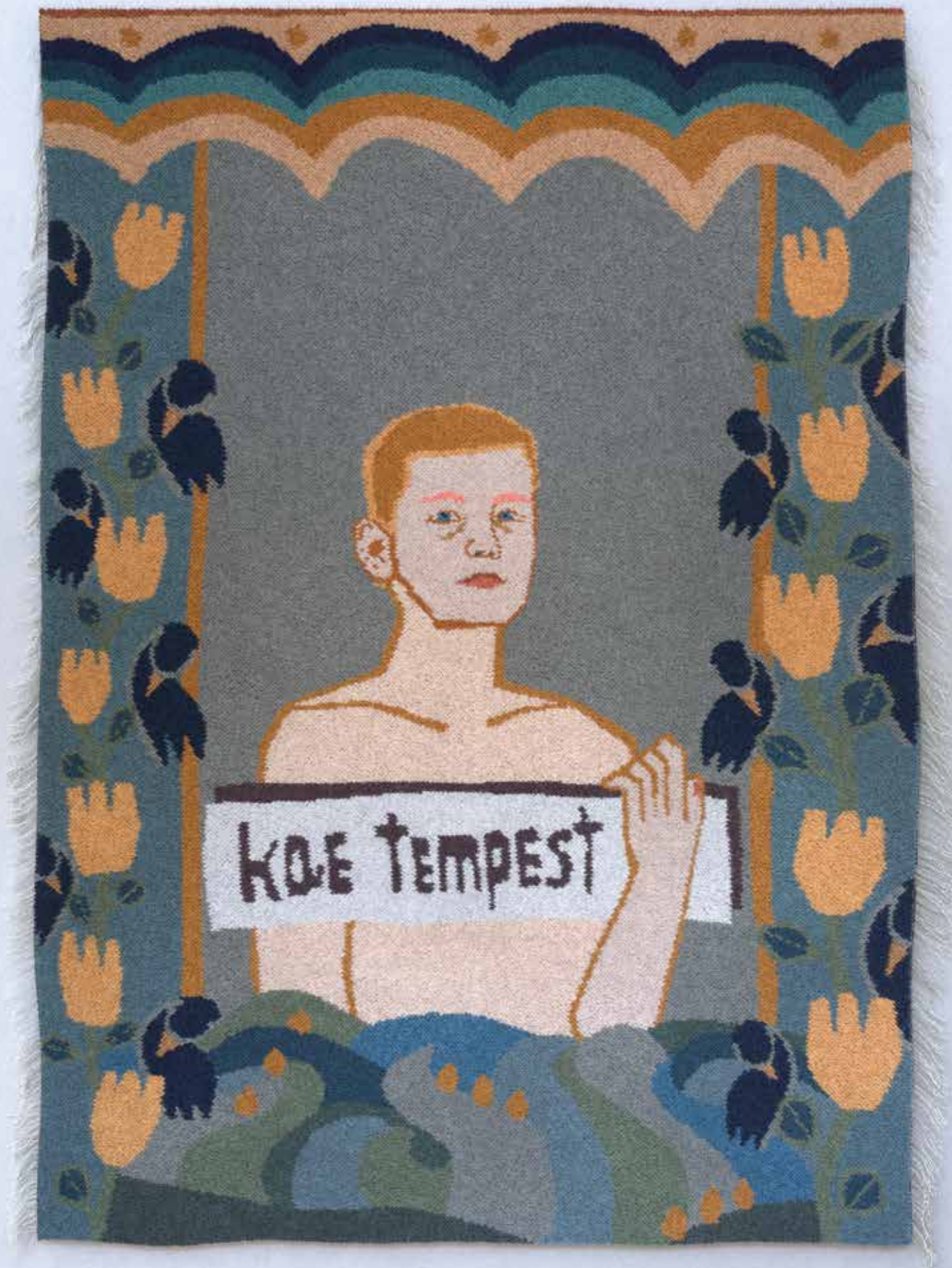
TRONDHEIM
2022/VOL.2

FREE



SUMMER
ISSUE
+ STUDENT
GUIDE

REGIONAL FESTIVALS 🏞️ SUMMER IN MIDTBYEN 🍷 TRANSFORM WORLD FESTIVAL 🍷 222 LISTINGS!



IN THIS ISSUE

Letter from the Editor And Suddenly, Summer

GREETINGS READERS! THE LIST MAGAZINE SUMMER EDITION is back by popular demand, and we're thrilled to be able to provide a comprehensive guide to everything summer for our region's residents and visitors alike. We have collected over 250 events and happenings -- everything from workshops, to festivals to pop-up concerts -- in an effort to help you best fill your schedule from now until September. Whether you're planning a city-stay vacation, or exploring the region, this guide is for you.

For any of you that are new to The List Magazine: we're a crowd-sourced magazine based on a contributor-partner model, each month partnering with a diverse representation of Trondheim's many voices. Through this, we help share what's going on, collaborate in new ways, or help local organisations and contributors share their own thoughts and perspectives in the city that they love (or love-to-hate).

The basis of this work is to inspire communication and build trust and understanding. The List moves to showcase the undercurrent of Trondheim and both its communities and sub-cultures. This entire model is based on wanting to help Trondheim and Trøndelag be an incredible region to visit, study, work, and live in. There are over 80,000 internationals living in the surrounding region, bringing with them unique ideas!

All of this is made possible by our partners Trondheim Municipality, Trondheimsregionen, Norwegian University of Science and Technology (NTNU), UN Centre of Excellence Trondheim/ Sustainability Centre, Sparebank1 SMN Stiftelsen, Visit Trondheim, NTNU Kunnskapsfest, Study Trondheim, Studentsamskipnaden, DIGS, and many many more. We also appreciate the continued dialogue with many of the region's event promoters, music community, food community, and many more.

In this issue of The List Magazine, we have compiled thoughts about 'Trondheim Opportunities', compiled a regional festival guide and guide to places worth exploring, like the coastal island of Hitra. Additionally, we have put together a student guide, places to hang, visit, attend and join. Also not to miss, is our summer in the city guide -- bringing you tips and festival overview of Trøndelag Food & Brewery Festival. We're honoured to have partnered with Transform World Festival and NTNU Kunnskapsfest / HYFER, two major events to look forward to in September.

Now that society is 'back', we're more social than ever. See you around!

Jaya Thomlison
Editor-in-chief



PHOTO Jéleena Rai

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IN THIS ISSUE

Contributors

**Rosalee Thomlison**

switching from Toronto to Trondheim, is making her debut as a content creator and writer for The List. She is currently in her last year of a mechanical engineering degree at University of Guelph in Canada with a focus in sustainable energy. In past summer, you could find Rosie deep in the forest, living in a tent and planting trees. She is passionate about the environment, the idea of being in a band despite having mediocre drum skills, skiing, music, and trying new things.



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.



Steinar Mostad was born and raised in Trondheim, a prime setting for this ultimate Trønder-gardener. Steinar established and runs Gartner Moe/ Gardener Moe a plant and flower producer and mobile gardening service. He is responsible for the luscious flora and fauna you can find at Tyven, Habitat, Super-hero Pizza, Sot, Lokal Bar and DIGS, to name a few. If you want to see how Steinar works, check out his Instagram @gartnermoe.



Hill-Aina Steffenach is the general manager for Transform, as well as a doctor and former brain researcher with a PhD in neuroscience. She grew up in a rich art scene in Svolvær Lofoten. Leading multiple international projects in the arts and culture scene, she coordinates seminars and lectures about the world around us and Norway's role internationally. In her work she explores themes such as solidarity, impacts on people and consequences of war and conflicts, freedom of speech and fair distribution.



Emma Thomlison is an artistic fairy of the creational void using whatever medium at her avail to birth various magics. She can be found in the forests of reality designing, illustrating, and writing. She was led to these creative vocations by the whispers of her beginnings in school for user experience design.



Sam A. Kasimba has backgrounds from African Studies and Social Anthropology, holds a Master of Philosophy in Development Studies, and a PhD in Human Geography, all attained at NTNU. His recent research has focused on governance and Corporate Social Responsibility (CSR) in the mining sector in Ghana. Sam is also a professional DJ and social activist. Currently Sam is a higher executive officer at the International Office, Dronning Mauds Minne Universitet Høgskole in Trondheim.



Emma Steer has a PhD in molecular biology and now works as a freelance science communicator. After deciding to swap the pipette for the pen, she moved from the UK to the sunny south-west corner of Germany. Now she lives in Trondheim, doing her best to live as sustainably as possible by growing her own vegetables and knitting her own jumpers.



David Omdal Skarbo 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.



Jéleena Rai originally from Toronto, Canada, is the Photography Editor for The List and is currently finishing up 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.



Marius Iversen when not working at Plantasjen on Tiller can be found in his garden in Møllenberg. He has an extensive knowledge on plants native to Norway (and beyond) and is a genius with their latin names. If he's not tending to the flowerbeds in his garden, you can find him in the basement mixing some crazy techno music. The only thing this man loves more than plants is his cat, Maui.

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COLUMN

INTENTIONAL INCLUSION IS A PREREQUISITE FOR DIVERSITY TO FLOURISH



OUR STRENGTHS LIE IN OUR DIFFERENCES. Living with at least eight people in a small household most of my childhood, I learnt that each individual is unique. I could share more on this, but I would need more space than just a column. Though a challenging experience, I learnt the importance of inclusivity and acceptance, if not tolerance. This experience has often left me pondering on how we can cultivate a mutual understanding that promotes inclusion in societies.

Without getting into the why, twenty one years ago I migrated from the most Eastern part of Africa to Norway. After three years in Northern Norway, I moved to Trondheim, where I had to redo my high school education in Norwegian, a totally new language. Eighteen years later, I hold a PhD in Human Geography (Governance and CSR), from the Norwegian University of Science and Technology (NTNU). This has been a facile journey. I have always felt pressured to perform in a manner that I maintain my culture and personality, while integrating into the Norwegian society. In addition, getting into the labour market has been arduous, and there could be a number of reasons for this.

On some occasions I was told I am overqualified. Some said my academic outfit is difficult to market in a Norwegian context as my PhD project was based on a study in Ghana, West Africa. Actually, a human resource agent once admitted to not seeing where I could fit, and he did not understand my education. This is despite having worked in different positions in Norway. I have worked as a busboy, a DJ, a prop at Trøndelag theater, a Program Director at TEDx Trondheim, board chair of Transform International Music Festival (where I am currently a board member), and a research fellow at NTNU, just to mention a few. In fact, I have always thought that the sum of my diverse life experiences should add value in the numerous employment processes I have been through.

Diversity in people means that each individual is unique, and that these differences add value in various employment contexts. This is a point that Trondheim Municipality, the larger South Trøndelag County, and the private sector have acknowledged. Last year in October 2022, the Mid-Norway Chamber of Commerce (NiT), Trondheim Municipality, South Trøndelag County, the Norwegian Labour and Welfare Administration (NAV), and other private organisations, rolled out the Trondheim Opportunity project. The overall objective of the project was to promote inclusion through mentoring of highly educated immigrants who struggle to get relevant opportunities in the employment market. The mentors are leaders and CEOs in both public and private organisations. Eight months down the road, out of the 21 participants, at least 40% got jobs after the programme commenced. I was lucky to be one of those immigrants enrolled in the project, this was a milestone. I felt accepted, I felt visible, I felt included.

In my opinion, inclusivity is the basic principle for diversity to



Words S. A. Kasimba (PhD) Higher Executive Officer, International Office at Dronning Mauds Minne Universitet Høgskole, Trondheim
Photography Jeleena-Rai

flourish. Unfortunately, the common understanding of diversity is often limited to “ethnicity”. In many ways this tends to over-simplify the complexities required to create environments and attitudes that could otherwise enhance inclusive societies. As NiT and others have demonstrated, inclusion necessitates new strategies, approaches, and policies so that the needs of all are recognised from the initial stages of every decision-making process. I hope projects such as Trondheim Opportunity can help us make inclusion inclusive - *intentional inclusion*. In employment contexts, I encourage leaders and human resource agencies to think of diversity of thoughts as the currency of inclusion. Inviting people to a dance party is not enough; we must also invite them to dance.



Workation 2023 SUMMER JOBS FOR STUDENTS IN TRONDHEIM Find your summer job here!

DID YOU KNOW?

83% percent of the students at Workation's own career event said they discovered many local tech businesses they did not know about.

Næringsforeningen i Trondheimsregionen (Mid Norway Chamber of Commerce and Industry) & Study Trondheim are continuing last year's successful Workation.

Workation started out as an idea to connect students with Trondheim businesses through a collaborative summer job project. Now, Workation links students with 19 exciting technology businesses in Trondheim and just this summer offered 145 summer jobs.

This fall, you can expect even more job opportunities, with participation from around 30 local tech businesses in total. In October, Workation will post

summer job offerings for 2023, stay tuned to view openings for around 200 positions!

Workation allows students into the reality of business life and allows for an easy connection between companies and students. The students benefit from relevant work experience and practice, while also getting to know Trondheim better. Helping the students ultimately helps the business and the region's overall economy.

Trondheim is Norway's best student city - also during summer break!

Workation is more than just a place to find summer jobs, it is also a network for participating students during the summer. Hang out with your fellow Workation peers, get to know the city better, and earn career-relevant business experience!

Examples of social activities offered through Workation:

Brew-tasting, Escape Hunt, Curling, Bowling, Slip'n slide, Paintball, Mini-golf, Mountain hiking & Volleyball tournament.

Attend Workation's Career event for summer jobs in the beginning of November! In the meantime, keep up-to-date through Workation's Instagram: @workationtrd

Read more about Workation and job opportunities at 'Workationtrd.no' or by following the QR-code



Workation
Sommerjobb for studenter i Trondheim

IN THIS ISSUE

Comic Corner



CREATIVE SPACES

Hit the Str



Haddy Ceesay
Model and Brand Owner

Can you tell us about your best festival story?

If I should take one from [NEON festival], then definitely last night. After the whole festival, we went to the afterparty in the area here where a lot of the artists from Oslo were playing, and it was not a lot of people. So, it was very intimate. We had a lot of fun and a lot of our friends were there. It felt like this house party in a festival so that was really cool.

What festivals are you looking forward to this summer?

Kadetten in Sandvika and Øya in Oslo.



Aksel Sales & Hedda Holden
Student Teacher for
Kindergarten & Student at
Ålesund

What are your best festival stories?

AKSEL I was at Jugendfest in Ålesund, which is in the west of Norway, and it was really, really fun. There was this part of the concert where Alan Walker had a show and the crowd went completely crazy. You know, you've heard lots of songs from him. And you almost don't even think of him as a real person, but like a god, kind of. And then there he is, you know, a person. They are doing what they love and everyone's just digging it. And it's so cool to see everyone just happy. You forget every stress in your life. You are just there in the moment.

HEDDA I was with my friends seeing Sigrid perform, an artist from Lesund, the city where we live. I have become really close with a friend group in Ålesund and Sigrid is from Ålesund and she sang a song about Ålesund and we all cried. We just stood in a group together and it was so cool and so heart-warming for us."

What festivals are you looking forward to this summer?

BOTH Jugendfest in Ålesund.

"On Friday we saw Karpe on the main stage at Neon Festival and it was the most amazing show we've ever seen. It was more of an experience than a concert, really".

Words

Rosalee Thomlison &
Emma Thomlison

reets



Sofie Risnes Fiksdal
Works Retail at Volt Ålesund

What is your best festival story?

I was at Jugendfest in Ålesund. Matoma touched my face and that was very crazy, I was very excited about that. On Friday we saw Karpe on the main stage here [at Neon Festival] and it was the most amazing show we've ever seen. It was more of an experience than a concert, really. The show was mind blowing.

What festivals are you looking forward to this summer?

Moldejazz and Jugendfest in Ålesund.



Audhild Kvam & Pål Kvaløy

SiT Manager & NTNU Engineer

What are your best festival stories?

AUDHILD I saw Band of Horses at Pstereo festival. It was my favourite band. I just loved it. I could sing all the songs.

PÅL Back in '82 I saw Queen with Freddie Mercury on vocals. That was still a very good memory. It was the only time they were in Norway with Freddie Mercury so it was awesome.

What festivals are you looking forward to this summer?

AUDHILD Øya and Pstereo.

PÅL Rammstein in Oslo and Pstereo.



Jakob Aune Høvik
Aspiring Geography Teacher

What is your best festival story?

I was at Stavern festival a couple of years ago and we all thought it was a good idea to go to Sweden for much cheaper alcohol. So, I bought this 24-pack of Bulmers cider in Sweden for the festival, but I didn't think that it would be 25 degrees every day. And then I had to drink this awful hot cider. After that, I never drank that cider again because I get sick every time I smell it. Over the three days we didn't wash ourselves, we didn't sleep, we just laid in a tent. It was awful but the festival was really nice. Post Malone was the weirdest and sweetest guy I have ever seen on stage.

What made him nice and weird?

Mostly artists don't even know they're in Norway when they're in Norway. It seems like they mostly just care about themselves. But Post Malone had Norwegian flags on his knees and when he saw this one girl at the front that was starting to faint, he stopped the whole concert for her to help her and brought her on stage. It was the sweetest thing I'd ever seen.

What festivals are you looking forward to this summer?

Øya in Oslo to see Kvelertak and Pstereo in Trondheim. I'm looking forward to seeing DumDum Boys 20th year anniversary.

ADVERT



Explore this year's program
and get your tickets early
at Kamfest.no

Trondheim Chamber Music Festival

18-25 SEPT 2022

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GUIDE

Regional Festival Guide & Activities

JULY

Festival Guide

JULY 15 – 16

Tydalsfestivalen, Stugudal, Tydal

This summer, Tydalsfestivalen delivers a high energy weekend getaway surrounded by mountains and the water, immersed in good music. The overnight camping festival will feature various food stations and beer tents and even a festival restaurant.

JULY 22 – 23

Heim Festival, Hasselvik, Indre Fosen

Heim festival features many artists over the two-day camping festival, including Honningbarna and Valkyrian Allstars. Heim has arranged a pre-festival sailing trip with traditional Åfjord boats and the festival itself will have yoga workshops, club dancing, private beach access, and Michelin star food.

JULY 22 – 23

Parkliv, Orkanger, Orkland

The beach festival is the perfect spot for a weekend of summer concerts, celebrating into the late-night sun. This year's exciting artist line-up includes Norway's very own D.D.E, Hans Rotmo, and up-and-coming duo Hagel.

JULY 28 – 30

Trøndelag Food Festival & Brewery Festival, Trondheim

Our region of Trøndelag will be honoured with food and drink festivals highlighting the region's gastronomic practices, both current and traditional. The festival gathers members of the Trøndelag community in



PHOTO Torleif Kvinnestrand

Trondheim to celebrate around 300 different food and drink experiences. There will be activities for children and families, as well as events for young adults and up. The Bryggerifestivalen beer festival, will be open from 11 AM to 11 PM every day, with free admission. At the festival, you can buy tasting glasses and festival coins for a fun and immersive experience while tasting and enjoying brews. This year, there will be 30 featured breweries in total, consisting of 15 from central Norway, 13 other national breweries, and two international breweries. The brews offered range from traditional Norwegian beers to new evocative tastes, with many ingredients promoting the flavours found in Norway, such as old Viking mead and national fruits.

JULY 28 – AUG 3

Olavsfest, Trondheim

The ever-popular Olavsfest is back for more. As one of Trondheim's biggest festivals, there are plenty of unmissable events during the five-day festival period. Olavsfest consists of family-friendly

events, late-night concerts, educational talks, and other festivities.

JULY 29 – 10

Totsåsrock, Sørsetra, Lierne

Totsåsrock is the hard-rock and metal festival in the wilderness and features nine hard-hitting bands. This camping festival is hard-core but you don't need to be rock-hard to belong and enjoy the concerts and festivities.

AUGUST 3 – 6

Frøyafestivalen, Frøya

This picnic concert is a very safe and comfortable way to get outside and have a concert experience. The three-day festival will display a pyro show and fireworks, after full days of live music and good fun.

AUGUST 7

Trondheim Sommertid, Trondheim

Trondheim Sommertid has international star Justin Bieber headlining, accompanied by Tems, Gabrielle, and Mimi Webb. Gabrielle is Norway's very own electropop singer. The event takes place at the peak of the summer and overlooks the Trondheim Fjord.

AUGUST

Festival Guide

SEPTEMBER

Festival
Guide

AUG 19 – 20

Pstereo, Trondheim

This year is Pstereo's 15th anniversary, and the celebration will not disappoint. The alternative music festival is one of central Trondheim's largest and looks onto the fjord from the marina. Get ready to experience moving performance from Sigrid, Girl In Red, Future Island, DumDum Boys, Wolfmother, and many more anticipated performers.

SEPT 2 – 4

Festival of Jewish Culture, Trondheim

The Festival of Jewish Culture is making its return! It is your opportunity to participate in and learn more about the culture, in a high-energy and interactive way. This year will feature artists from all over to deliver the most authentic cultural experience. Expect delicious traditional Jewish meals, dancing, and practice!

SEPT 18 – 25

Kamfest – Trondheim Chamber Music Festival, Trondheim

The internationally recognised festival is back with an innovative program and set list, filled with gastronomic and artistic experiences. The week will be a treasure hunt of events scattered around the city centre. This will include the festival opening "Wandering Concert" at K-U-K and an evening concert at one of Trondheim's highly-rated restaurants, Credo.



PHOTO Torleif Kvinesland



SEPT 24

Trondheim Craft Beer Festival, Trondheim

The Craft Beer Festival is the latest addition to Trondheim's festival scene. The festival has expanded to feature 17 breweries and street food stands from eight restaurants, with food influences from all over the world. The festival is made up of three ticketing sections. The blue ticket refers to the early time slot, 12 PM to 4.30 PM; the green ticket refers to the later session, 5 PM to 11.30 PM; while the red ticket includes access to both time slots for the entire duration of the festival.

SEPT 24

Trondheim Tribute Festival, Trondheim

The Tribute tour is making the rounds and after last year's trip to Oslo, it is Trondheim's turn. The 18-plus concert is set to wow the audience with a performance by Dirty Deeds, a tribute to ACDC, who are stopping off while on their 25th-anniversary tour. Don't miss out on your opportunity to rock'n'roll with Van Halen tribute band Fan Heller; Mötley Crüe tribute band Generation Swine, and many more iconic tribute artists.





PHOTO Wil-Lee Wright



PHOTO Torleif Kvinnestrand



PHOTO T.Nikol Herec



PHOTO Wil-Lee Wright

SUMMER ROUND

Activities
Guide

Femundsmarka National Park
Near the town of Røros, bordering Sweden, you can find one of Scandinavia's largest wildernesses, Femundsmarka. The park offers a safe and natural habitat for rare and vulnerable plant and animal species. You can experience the Femundsmarka wilderness by historical hiking routes, summit trips, canoeing, and fishing. The park offers cabins and open huts for comfortable accommodation while visiting the grounds, however many choose tent camping for a more private and down-to-earth experience.

Thomasgaarden Gallery Røros
This half café, half art gallery, is the perfect spot to visit while in Røros. The gallery consists of an exhibition of a preserved home of a miner from 300 years ago. The café is a nice way to view the gallery and enjoy a good coffee.

Kayak & Paddleboard on the Fjord
Kayaking and stand-up paddleboarding are active ways to explore the fjord in a sustainable and affordable way. The wide, two-person sea kayaks are designed for stability in higher risk expeditions and allow for rigorous fjord exploring. The paddleboard excursions on the other hand have a higher dunk potential and cover fewer sights with some more foolish, child-like fun. Kayak and stand-up paddleboard adventures can be found at Trondheim Kayakk.

Swim to Munkholmen
Join NTNUI Dykkergruppa for the Munkholmen Rally Swim this July. If you have always wanted to challenge yourself to swim to Munkholmen, however need a community and are concerned about safety, then this is the activity for you. By July, the fjord is no longer an extreme polar bear dip but that doesn't mean you aren't in for a shock and of course, an exhilarating experience.

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SUMMER ROUND

Activities Guide

Vang Burial Site Oppdal

This beautiful forest, once a site of public Viking burials, is a grave site to explore Viking culture. You can learn about the importance of the grave placement, Viking rituals, and the history that lives on in this area of Oppdal.

Stiklestad National Culture Centre

Looking to explore some medieval grounds and have some fantastical fun? At Stiklestad, you can explore the medieval farm, the 12th-century church, and St. Olav's chapel to learn about the history behind the cultural centre.

MS Fæmund II in Røros

Every day in the summer, the MS Fæmund II sails around Femund – Norway's second-largest natural lake. MS Fæmund II sets off from Synnervika quay at 9 a.m. and explores various docking spots along the lake. The boat serves local dishes, waffles, beer, and wine.

Rypetoppen Adventurepark

This family-friendly, all-ages spot is Trøndelag's best climbing park. There are high-hanging trails, team-building activities, and forest exploration!

White-water Rafting on Driva

Opplev, located in Oppdal, offers a rafting tour on the Driva River. From the raft, you can see the beautiful natural sites while having an exhilarating experience.

Cave Exploring at Mokka Farm

Bordering on Skjækerfjella National Park, you can find Mokka Farm Mountain. Here, you can explore the caves, swim, and have waterfall showers.



PHOTO Wil-Lee Wright

Leka Roundtrip by Bike

Biking around the Leka municipality in Trøndelag is a wonderful way to explore the island villages and this area of Norway's nature. As a break, take a stop at the stone centre, then end your trip at Lekamøya eatery.

Lierne National Park

If the unique glacial landscape of Lierne national park isn't enough to make it a high-listed destination spot, then the views of the mountain range sure will. The park is well protected and has minimal visitor enhancement with beaten path boundaries, allowing the wildlife to excel.

Mushroom Picking Tour with Experience Flatanger

From July to September, you can go on a guided tour of Flatanger combined with an educational edible mushroom walk. During the hike, you will identify and harvest mushrooms, and if you are up for it, berries too.

Camping in Stokkøya

Camping near the beach at Stokkøya is a Trøndelag summer classic and a lovely way to view the coast and everlasting midsummer sunsets. You can set up a tent in the camping areas, which have shower and bathroom access, or rent a coastal house for a more comfortable experience.

ADVERTISEMENT

Summer at Sverresborg

Museums are NOT boring!

Take a break from the city centre itself and join an exciting journey back in time, at the Trøndelag Folk Museum Sverresborg.

Summer opening hours from 18 June - 28 August

Mon - Sun 10.00 - 17.00

Museum is CLOSED

Monday 29 August

Opening hours from 30 August

Tues - Fri 10.00 - 15.00

Sat & Sun 11.00 - 15.00

Telephone: 73 89 01 00
Sverresborg Alle 13

PHOTO Wil-Lee Wright



HITRA SUMMER 2022

Regional Spotlight

Hitra

If you live in Trondheim and are looking for more to do, or you are a student wanting to make the most out of your stay in Trondheim, then a trip to Hitra will be an experience you'll remember for years to come. Located just a couple of hours from Trondheim by boat, bus or car --a trip to the island of Hitra is the perfect weekend away.



PHOTO Stein O. Sivertsen

Together with Hitra Næringsforening (Chamber of Commerce) The List has made a mini-guide of activities and offerings that we feel are perfect for newcomers and first-timers. If you have any further questions about Hitra, you can check out Visithitra.com. Want to work or stay at Hitra? Get in touch with Hitra Næringsforening, info:

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post@hitra-naeringsforening.no
Phone - +47 97 900 323



THE COAST OF TRØNDELAGE IS BOTH wild and charming at the same time, offering experiences that intersect between the genuine and untouched, and the modern. Trondheim's archipelago Hitra and Frøya, are found in the estuary of the deep Trondheim fjord. The contrasts are big, but the people are the same: warm, welcoming, and pleasant to deal with.

HOW TO GET TO HITRA

Bus From Trondheim Central Station (Trondheim's train station) you can take bus number 420 directly to Hitra Hurtigbåttterminal (Hitra Express Boat Terminal). See atb.no for the schedule. The bus trip takes approximately 2 hours.

Car: From Trondheim take the E39 towards Orkanger. From Orkanger, follow the FV714 to Hitra and drive in the sub-sea tunnel that connects to Hitra and Frøya. Travel time by car is 1 hour and 45 minutes.

Boat Express boat service route 800 departs from Trondheim to Hitra, Frøya and the archipelago regularly, leaving from the Hurtigbåt terminal /Express Boat Terminal). This boat-trip is only 1 hour and 40 minutes long and offers great views!

Activities

Experience gentle deers that may eat from your hand and visit local farms and producers to taste award-winning locally produced food.

ACTIVITIES ON LAND

Brew Tasting at Ansnes Brygger

Brew-tasting is a popular activity for business groups, as well as for groups of family or friends. A whopping 17 different kinds of brew are produced at Ansnes Brygger. Book a brew-tasting to taste a wide selection of these selections, matched with some snacks. You will also be told how the brew is produced. The beers are served in the restaurant, some in a bottle and some on tap. Extend your experience by enjoying a good meal matched with the breweries own after your tour. Brew tasting can be arranged for small groups, please contact Ansnes Brygger for further information about the number of people. Telephone: +47 40022044, email: post@ansnesbrygger.com

Hunting Simulator

Try the exciting hunting simulator located at Hamna Gård. Here you can hunt several types of bird, moose, wild boar, bear, and more. You can compete one-on-one, or two against two. Suitable for beginners as well as experienced hunters. Minimum ten participants. For information and prices: Telephone: +47 93 08 99 99 Email: anita@hamnagaard.no

Cycling

Discover Hitra's beautiful scenery, by bike! Visit Hitra has six suggestions for bike rides that you can check out at visithitra.com/activities. You can rent bicycles at Angelamfi Hitra, Dolmsundet Marina, and Knarren Brygge.

Hitra Golf Course

Hitra Golf Course is located between Sandstad and Akset. This is a groomed nine-hole course with a scenic view of Trondheimsleia. Green fee is paid with Vipps and information can be found at the clubhouse.

Activities on the Sea

Sea Eagle Safari with the Night Sailors Join us in the fjord and experience the flying king of the sea up close. On this trip you sail off in an old wooden boat restored by the Night Sailors at Hopsjø. Both the



PHOTO Vindfang



PHOTO Stein O. Sivertsen

boats and the area have a lot of exciting history that the Night Sailors will be happy to share with you. To book, get in touch with Dolmsundet Hotell.

Visit a Fish Farming Facility by RIB

This is an exciting experience for individuals during the summer season, and for groups year-round made by prior arrangement. Here you can tour the waters while gaining insight into one of Norway's biggest industries, aquaculture. See how where it all happens.

Diving

Hitra is widely known for fantastic diving experiences. This is due to the clean water, the Gulf Stream, the water temperature, and a rich diversity of species. Here you can dive for scallops, mussels, shells, and crab... and you may even get to see underwater caves and shipwrecks as well. The sea is full of delicacies, and after the

dive you can prepare a gourmet meal on the shore or on a nearby inlet. Lodgings that offer facilities to divers include: Angelamfi Hitra, Dolmsundet Marina, and Knutshaug Fishing Holiday.

Beaches

There are several beautiful beaches at Hitra, both coastal and lakeside. Go to visithitra.com for suggestions and directions.

Kayak, Canoe, Paddle Boarding, Waterskiing, Jet Ski, Tube

Take advantage of the massive amounts of bodies of water surrounding this beautiful area! Fjellvær Gjestegård rents out kayaks and canoes. Hitra Fishing Vacation rents out water skis, jet skis, tubes, and paddle boards. Knarren Brygge rents out kayaks and paddle boards. Hitra Padleklubb arranges tours and courses in the archipelago.

August 12th - 14th

Trøndersk Food Festival
Somewhere near you at
Hitra and Frøya

FISHING

Deep-Sea Fishing

Hitra is one of the best and most species-rich areas for Deep-Sea fishing. A selection of tour-operators and providers include: Angelamfi Hitra, Dolmsundet Marina, Fjellvær Gjestegård, Hitra Turistservice, Kvenvær Sjøhusferie, Heggvika Feriesenter, Hestvika.net, Hitra Fishing Vacation, Knutshaug Fiskeferie, and Stolpnæs Fiskeferie. You can also join a guided Deep-Sea fishing trip with a local skipper through Ansnes Brygger.

Freshwater Fishing

Hitra offers great freshwater fishing opportunities, whether you prefer secluded mountain lakes, lakes in Havmyran Nature Reserve, or lakes near the road. At Hitra there are more than 700 lakes, and the chances of getting trout on the hook are great. The best fishing lakes are located within the Havmyran Nature Reserve. For trout fishing you need a fishing license, which can be purchased at inatur.no.

Where to Eat

Hitra offers many different places to eat: Ansnes Brygger, Brygga Restaurant, Dalpro Gårdsbutikk, Dolmsundet Hotell, Hemnskjelkaia, Hjorten Hotell, Hopsjøbrygga, Kafe Sjøsprøyt, Knarren Brygge, Nybakt Bakeri & Spiseri, Pikene På Torget, and Thai Station Asian Food

Where to Stay

Hitra offer many different places to stay: Angelamfi Steinsjø, Ansnes Brygger, Dolmsundet hotel, Hitra turistservice, Fjellvær gjestegård, Knarren brygge, Kvenvær sjøhusferie, Storm bryggghus, Aunøya, Explore Hitra, Hamna gård, Dolmsundet Marina, Heggvika Holiday Centre, Hestvika.net, Hitra Fishing Vacation, Knutshaug Fishing Holiday, and Hemnskjelkaia

Read more on Visithitra.com or scan our QR-code for redirect!

WELCOME HOME.

Greetings from your student city



Trøndelag fylkeskommune
Trøndelagen fylhkontjelle



GUIDE

Student Guide Studying in Trondheim

Trondheim is home to Scandinavia's best student city, and there is no question of why. The city has a lot to offer to students in terms of academics, lifestyle, nightlife, community, and more. It can however be difficult to navigate your choices or even know what your choices are. This student guide will help to make it a little simpler.



PHOTO ISFIT

SOCIAL CLUBS

A GLIMPSE INTO THE CLUBS BEST (Board of European Students of Technology)

The club collaborates with student associations and university authorities to improve the exchange of technological students in Europe.

Vortex NTNU A student organisation that builds autonomous underwater drones for observation and manipulation. The group participates in competitions against other marine robotics organisations, both nationally and internationally.

Academic Radio Club The student-run radio club focuses on radio technology and experimenting with radio and vaguely similar technologies.

Camera Club An amateur photography club for all levels and welcoming to all. The organisation's main goal is to promote creativity and improve photography skills.

ISFiT Organisation The committee responsible for hosting and organising the largest international student festival is recruiting for 2023. The festival will feature workshops, debates, cultural practices, and more.

ALL CLUBS

International Clubs Erasmus Student Network, AIESEC Leadership, BEST, IASTE Exchange, and ISU International Student Union.

Technical Clubs Ascend NTNU, Shift Hyperloop, DNV Fuel Fighter, Orbit, Revolve, Propulse, Vortex, Nano Technology, Geology, Academic Radio Club and Industry Club.

Community Clubs AcaMusic, Science Fiction Association, Indian Students' Forum, Kurdish Student Union, Indonesian Student Union, Norwegian Language Student Team, Foreign Students' Club, ISFiT International Students in Trondheim.

Music Medicine and Science Orchestras, Foetus Ex Ore Male Medics Choir, Dragern Orchestra, Samfundet Orchestra, Marching Band, Acapella Choir, Candiss Women's Choir, Kjeller/Basement Band, and S. Møller Storban Band.

Religious Organisations Kawthar, Christian Medicine Students, Christian Sports, Student Ministry, and Christian Student Forum.

Other Clubs MSO The Medical Sexual Enlightenment, MedHum Humanitarian Action, Motorcycle Club, Camera Club, Nidelva Dance, Regi Lighting, and Stage Technical Group.

Coming soon: The student web portal for student organisations at www.studenteri.no



RECREATION

RECREATIONAL SPORTS LEAGUES AND COMMUNITIES

NTNUI Team Sports American Football, Bandy, Baseball, Basketball, Beach Volleyball, Cricket, Floorball, Football, Football Tennis, Handball, Ice Hockey, Lacrosse, Quidditch, Roundnet, Rugby, and Volleyball.

NTNUI Individual Sport

Aikido, Badminton, Boxing, Callisthenics, Capoeira, Cross-country Skiing, Cross-train, Dance, Disc Golf, Diving Group, Enduro, Esport, Fencing, Golf, Gymnastics, Horse Riding, Ju-jitsu, Judo, Karate, Kite, Koiene, Martial Arts, Orienteering, Paddling, Rowing, Sailing, Shooting, Skate, Ski & Mountain Sports, Ski Touring & Freeride, Snowboard & Freeski, Speedcubing, Sport Fishing, Squash, Surf, Swimming, Swing & Fold Dance, Table Tennis, Taekwondo, Tennis, Tindegruppa, Triathlon, and Windsurf.

NTNUI Activities AktivCampus, Athletics, Bumerang, Dog Group, and The Student Cabin

ÅSS Klatregruppen The climbing group that wants to bring together climbing enthusiasts of all skill levels to create friendships and climbing partners.

ÅSS Dykkergruppen For anyone looking to get into diving or looking for a dive community.

ÅSS Surfgruppen This group organises meetings for learning where to start on your surf journey and is a resource for asking any questions about surfing.



PHOTO Wil-Lee Wright

Trondheim Baseballklubb

The competitive adult baseball league welcomes players of all ages, genders, and skill levels to the adult baseball and softball teams. The teams meet twice per week and are a fun way to improve your baseball skills, make friends, and get outside.

Spektra Cricket Club The cricket club has teams for adults, both new to cricket and experienced, who are looking to participate in the seasonal leagues.

TIPS

TIPS FOR ACADEMIC SUCCESS

Develop an achievable routine

Set realistic goals for yourself in terms of maintaining a routine. Your routine shouldn't be impossible for you to keep up, just a challenge. There should be a balance with free time.

Set rules for yourself This can mean setting your own deadlines one or two days before the class deadline or putting your phone away while studying. You are the best person to know what kind of rules you may need. Start by reflecting on your weakness or struggles.

Write everything down From brainstorming, to potential resources or deadlines, you will never regret writing something down. Write down thoughts and ideas when a professor explains an assignment.

Get a planner or calendar app

Having all your deadlines, meetings, and appointments in one place is the easiest way to not forget about anything important.

Have an organisational day

Once a week you should go over what needs to be handed in the next week or check up on big upcoming deadlines. Use this day to organise your class notes and resources.

Daily planning Start off each day with 5 minutes of planning and create a list of tasks you hope to finish this day. Having a structure for studying allows for more efficient work with a clear mind.

TIPS FOR INTEGRATION

Get out of your comfort zone

Entering university is a transformative time in one's life. It's important to challenge yourself to participate in new things or revisit things you might not have thought you liked.

FOOD

Make the first move Whether it's in class or at an event, sit next to someone and initiate small talk. Remember, there's no need to be nervous and chances are the people around you are hoping to make friends as well. A simple "What program are you in?" or "Hi, my name is" can go a long way.

Put together or join study groups This is a non-threatening way to start spending time outside of lectures with fellow classmates. Creating a smaller group to learn will not only improve your academic success but also let you get to know your peers.

Join clubs and intramurals This is the best way to find like-minded people in your community. By exploring your own interests you are bound to make a community during your student life.

Get to know your professors Creating a connection can really make you feel like you belong at the university and are a part of its community. Professors are often aware of academic events, conferences, and employment opportunities, and are willing to share the experience with their students.

Check out Samfundet Student Centre Samfundet is the student society building and home to a café, restaurant, bar, and lounge. Here you can hangout or attend events to get to know fellow students in a casual setting.

PLACES TO EAT ON A BUDGET

We all know how hard being a student can be, especially when it comes to staying on budget and making meals. It's good to treat yourself sometimes, and often you simply do not have any choice other than to get restaurant food or takeout. Whether it's because of a lack of time, energy, or entertainment, at some point you will be eating out and it

might as well be good – but it can also be affordable!

RESTAURANTS

Lyche – The student-run restaurant
Lager 11 – Street food court
Frati – Italian restaurant
Palaeng Café – Asian street food
Superhero Burger and Pizza
Bror – Bar & restaurant
Søt – Bar & burger
Sabura – Sushi restaurant
Mikrobryggeriet – Trondheim microbrewery and pub
Edoramen – Ramen restaurant
Selma – Pizza bar
Erlings – Vegan restaurant
Fyr På Lade – Burger restaurant
Kompis – Restaurant
Godt Brød – Bread & sandwich
Hagen – Vegan restaurant
Habitat – Artisanal pizza restaurant
Pizza Roma – Traditional pizza
Fresh Fastfood Solsiden
S'wich – Sandwich & salad
Taste of India
Grano – Pizza restaurant
Istanbul Döner Chef – Turkish restaurant
Star Kebab – Fast food
Olavshallen Olavstorget – Street food court
Drivhuset – Student-run café & restaurant

INTERNATIONAL GROCERY STORES

Middelhavets Market
Orient Asiatiske Matvarer
NM Market
Asia Matvarer Trondheim AS
Buran Asia Food & Video AS
Chi Thanh
Melon Midtbyen
Euroasia AS

FOOD TIP At Bunnpris, there are pop-up boxes called Kronemarked where items are listed around 10 KR each. This is a great time to buy groceries at a discounted price!



PHOTO Samfundet

DAY-TO-DAY

SERVICES

Moving Service – SIT transport
Housing – SIT Housing Department
Vehicle rental – AllWays Car Rental has a 10% student discount
Vehicle rental – Sixt Car Rental
Electric scooters – Voi and Ryde
Bike Rentals – Trondheim Bysykkel
City Bus – AtB
Affordable Clothes – Fretex
Library – Bøker og Bylab

AFFORDABLE ACTIVITIES

Living in a city can be expensive, especially when you are really out living your life to the fullest, but it doesn't have to be. There are tons of affordable activities you just have to be a little creative... or read this magazine. Playing beach volleyball and swimming at Ringvebukta
Reading on the grass at Festningen
Grill picnic at Korsvika
Coffee and Jazz at Ramp
Walk through the botanical gardens of Ringve
Pick out a book at Bøker og Bylab and sit down in the café with a friend

HANGOUTS

LATE NIGHT STUDENT SPOTS

When you first get to a new city, whether you're from a small town or another country, it can be hard to know what the local scene is.

On a given night, chances are you can find students out at these places:

Mormors Stue
Baklandet Skydsstation
The Circus Bar
Work Work
Lokal Bar
Habitat
Samfundet

QUIZZES & INCLUSIVE EVENTS

Maybe you want something a little more interactive when you go out, so you want a Trivia Night with friends, also called Quizzes. Or you step it up a notch, and go to a dance class. Every Friday at 8 p.m.: Music quiz at Samfundet: Groups of 1 – 4 have the chance to win tickets to a concert of your choice at Samfundet.

Every Tuesday at 7 p.m.: Quiz at Edgars: Groups can return every week to place on a leader board and win Lyche restaurant burgers.

Sporadic quizzes: Music quiz at Rockheim 5th Floor Panorama.

Weekly quizzes: Habitat, Three Lions, Antikvariatet, and Good Omens.

Weekly DansiT classes: Floorwork, 5 rhythms, and many more.

INDOOR HANGOUT SPOTS

As a student, it's important to have places that we can feel calm and productive. Sometimes a change of scenery is also very needed to keep your mind fresh and inspired. Next time you need a switch, check out some of these spots:

Loftet – An on-campus “living room” for students.



PHOTO David O.S

Bøker og Bylab – A sustainable and free library with seating.

Drivhuset – The student-run lunch and study spot.

Studentsenteret – The Sit lounge for students to play games and study.

Your place with DIGG lounge – The online discord lounge.

OUTDOOR HANGOUT SPOTS

While it's warm and if it's sunny, the best spots in town are really the ones outside. Not only do you get to hang out somewhere completely free but you also get some fresh air and some post-winter, much needed, vitamin D.

Høyskoleparken – The top places to hang out as a student are the ones closest to campus, for NTNU students that is Høyskoleparken. Here you will find individuals and groups of students laying on the grass, looking to create larger groups and make friends.

Festningen Festningen is more than just a historical site to see and explore with your family or as a tourist. It has beautiful

grounds with flourishing plant life and there are many spots to lay down a blanket, pull out a book, and have a relaxing day.

Lademoparken This beautiful spot right outside the city centre towards Lade is known for its beautiful green spots. On your way to Lademoparken, stop at a grocery and pick up dinner to grill on a barbeque with friends.

Ilaparken For a spot caught in the middle of the fjord and the forest, Ilaparken is a very scenic destination. The park has the space for hanging out, playing field sports and for an interesting walk.

Finalebanen This spot really puts real meaning into the word park, as an active and high-energy place to hang outside with friends. You can find outdoor training equipment, beach volleyball, a basketball court, and skateboarding facilities.

Brattøra This is really the place to plan to have a barbeque. The area is equipped with outdoor grills and Brattøra has a scenic pier with free lounge chairs, a beautiful view, and access to the Fjord.

NAMDAL RESSURS, CHANGING THE WASTE MANAGEMENT INDUSTRY



Namdal Ressurs, which translates to 'Namdal Resource' is an innovative Norwegian company, delivering all equipment necessary in the waste management industry. Namdal Ressurs was early with naming waste and garbage 'resources', because that is what a lot of waste is, if you handle it properly and know how to utilize it.

Namdal Ressurs delivers equipment and technology for sorting and handling waste to municipalities around Norway, as well as public and private companies. It can be containers, bins, bag-products, recycling and sorting equipment and buried waste-solutions.

When you think of a garbage bin, you might think of one of those green bins you put your used gum in, but that is not all it is. Namdal Ressurs has in the past years invested heavily in digitalization and innovation and a lot of their products have built-in smart solutions, where the waste is compressed in the bins through solar-panel technology. Some have built in chips that make sure only those who are supposed to access the bin, can access it.

Namdal Ressurs has even developed

their own sensors that gives them full control over the amount of waste in containers, making the containers be able to signal when they are full and should be emptied.

The sensors are also programmed to calculate when it is most optimal to empty the container, even if it is not full. If there is a half-full container, they can get a garbage truck doing a route in the area to empty it as well, instead of setting up a new pick up for when the container gets full. With this they save time, resources and the environment. This mindset is both innovative and sustainable.

As a part of their heavy investment in digitalization and innovation in the waste management industry, Namdal Ressurs

bought/acquired Trondheim based company Fielddata in 2021. Fielddata is the foremost company in the country regarding software for the waste management industry.

Namdal Ressurs is not only innovative in terms of the digitalization of the waste industry, they also introduced the flat-packaging system for containers. This has saved a lot of Co2 emission and resources, through the optimization of the transport process. In addition, they give the task of setting up the flat-packed containers to local growth companies, which are companies that hire ex-inmates and others who have a hard time finding work elsewhere, or need reintegration into society.



namdalressurs

CREATIVE SPACES

HOOD TO HOLLYWOOD

FEAT. YOSHI

Words Saria Wail
Photos Mr Yoshi



THE OUTSPREAD OF STREET ART IS nothing to be slept on. From the walls of your neighbourhood's alleys and buildings – even your favourite club's bathroom – to awarded movies, series, music videos and let's not forget Madonna's "Celebration" album cover. It's taken over globally! And it is becoming increasingly popular in Trondheim as well.

Part of this global take over is internationally-known street artist, Yoshi. Moving to Trondheim, from Australia, he's brought his skills, knowledge, and expertise as a street artist with him. In this one-on-one interview, we explore the beauty within this artistic field and how to elevate Trondheim's street art community and presence.

What's your story?

There is too much really to tell. I cannot really explain it apart from being an international goodfella. Respected from the Hood to Hollywood.

How do you identify yourself, as a street artist or a graffiti artist?

I consider myself, as they call it in the graffiti world, a Worldwide Graffiti Bomber.



Tell us about the meaning of street art...

An emotional rollercoaster.

What is the difference between street art and graffiti?

Both come from the same tree. Graffiti is an illegal action and street art is an allowed and commissioned body of work.

How did you get into graffiti and street art?

Where do you draw inspiration from and why do you do it?

Easily when I was 5 years old, when I was inspired by a book in my brother's room about graffiti. I have the original Wild Style book still to this day, full of artwork from Phase2 on the double page of the magazine ... that is where I began sketching. I do it also because it relaxes me, as I love colours and Inspiration is everywhere - it could be the sun pigmented gradients on a leaf, or in the colours when I am cooking.



- Be respectful. Give respect, you get respect.
- Try and be original. Do no copy. Find your own style. Do not mistake that for inspiration. Express yourself, but it is one thing to pick up techniques, it is blatant just to copy.

Is graffiti always political? Why yes or why no?

No. It is an expression of the human. If the man is to be political, then yes. Otherwise, not exclusively.

What are the most important street art codes, especially for up and coming artists?

Respect people's property. Don't paint over good work unless you can better it.

Should graffiti & street artists be fined?

No. They should be praised, if they do good work. If they do bad work, they should be held responsible to clean it off the wall.

What are the stereotypes around street artists?

They are considered to be criminals who vandalise public and private property – in the case of Trondheim, that is the general consensus. However, if we were to invest in artists to paint the city with colours and contrast, then it would be a completely different picture. No tagging on business, private, and government property. Time to evolve for the better.

What can Trondheim better do for street artists?

Like Bergen, Norway, which has masterpieces all over buildings, Trondheim should take a new approach to beautify the city. With the right prowess, we could turn Trondheim into an artistic rich city with galleries, culture, and more – in little over a week.

What do you hope to impact, in a small town like Trondheim? How is street art used for social change?

Expressing yourself is a good start for positive social change. Art is a good form that suits everybody. Trondheim is a place that could use more of that open expression.

Do you have any cool events coming up?

Yes, attending events world-wide and maybe a Masterclass at NTNU.

Has graffiti been able to carve out a niche for itself in the world of institutionalised modern art?

Yes, look at AROE, for example. People have made some serious bank accounts full from graffiti, from products, to movies, to art and more. Hey, we are about to paint a \$9 million jet – let that settle in.

@Yoshi2406



Want to take a Street Art Tour around the city? Scan the QR code for a map of some of the most beautiful murals the city has to offer.

Street art and graffiti as a movement?

It is the last form of an uncensored expression that is publicly displayed.

Who are among your graffiti friends and artists?

AROE, SWET, SKEME, Mark Drew, Peyote and Marit Spilde – there are amazing artists out there, but these are amongst my family.

You are named as a top ten artist in Australia, how has that impacted your work, especially as you travel?

It brings so much life and action to my current work. Not to mention all the joys, love, scars, photos and memories fit for a lifetime. I leave my mark wherever I go.

What are your top five tips for new artists?

- Be friendly to people. Communication and love – best tools we have.
- Be safe and be aware of your surroundings.
- Love. Love life.



PHOTO Trondheim Bike Adventures

SUMMER IN THE CITY!

Nothing quite beats the Trondheim summer. We might have rain and a ten-degree average 85% percent of the year, but July and especially August, never disappoint!

OUR PARTNERS MIDTBYEN

Management and Visit Trondheim have joined forces with us, together providing readers with this curated extensive guide of things to do in the city-centre this summer. Whether you are summering at home, visiting, or hosting visitors -- this guide has something for everyone!



TRONDHEIM

MIDTBYEN
UNIK & OPPLEVELSESRIK

CHILL ACTIVITIES

Art walk

2022 is the year of the Hannah Ryggen Triennale. Hannah Ryggen was, and is still considered one of Norway's most influential artists. Internationally renowned for her textile-art, she used a standing-loom built by her painter-husband Hans Ryggen, to weave and share her artistic visions using yarn that she personally died using vegetables from her farm. Having spent a large part of career in Ørlandet and later period in Trondheim,

many of the region's partnering museums have collaborated on exhibitions and events that honour her body of work. Ryggen has of late received a resurgence of attention, attracting artists and art-lovers to Trondheim for her triennial. K-U-K, Trondheim Kunstmuseum and Kunsthallen, are among others have dedicated space for celebrating and showcasing the late artist's work. A visit to these three museums is a great activity for a day, and they are all within a short walking distance of each other. K-U-K: Kjøpmannsgata 38, Trondheim Kunstmuseum: Bispegata 7b, Kunsthallen: Kongens gate 2

A trip through time

Nidarosdomen (Nidaros Cathedral) was first built in 1070 and is a pillar of history in this ancient Viking capital. It has since only expanded over time, due to the popularity from visiting Pilgrims, and visiting tourists. A visit to the cathedral is always awe-inspiring, with its impressive scale, architecture and handicraft. For those looking for activities beyond the building, you now also have a chance to experience the cathedral in new ways. Try out the special tours: Skjulte Rom (Hidden Rooms) & Tour of the Crypts for different experiences of this ancient building. A tour group consists of 9 participants led by an informative guide. You will, among other sites, get to see the Chapel of St. Mary and the Chapel of St. Michael. In addition to exploring, guides will tell you big and small secrets about the cathedral. For instance: did you know that Royalty was formerly always buried inside the cathedral walls? Or, that the angel on the tallest left spire has the face of Bob Dylan? The gold decoration on top of the cathedral is a stunning 9-metres tall!

Ringve Botanical Gardens.

If you love plants and keen on a relaxing break from the stressors of everyday life, or wish to take some amazing nature-inspired photos, a visit to Ringve Botanical Garden is not to miss. Located in the neighbourhood of Lade -- a short 20-minute walk from the city centre, or 5-10 minutes by bus or bike -- Ringve is the biggest botanical garden in Trondheim. There is also a newly opened, exciting music-museum in the same location, offering a good combination for different interests.

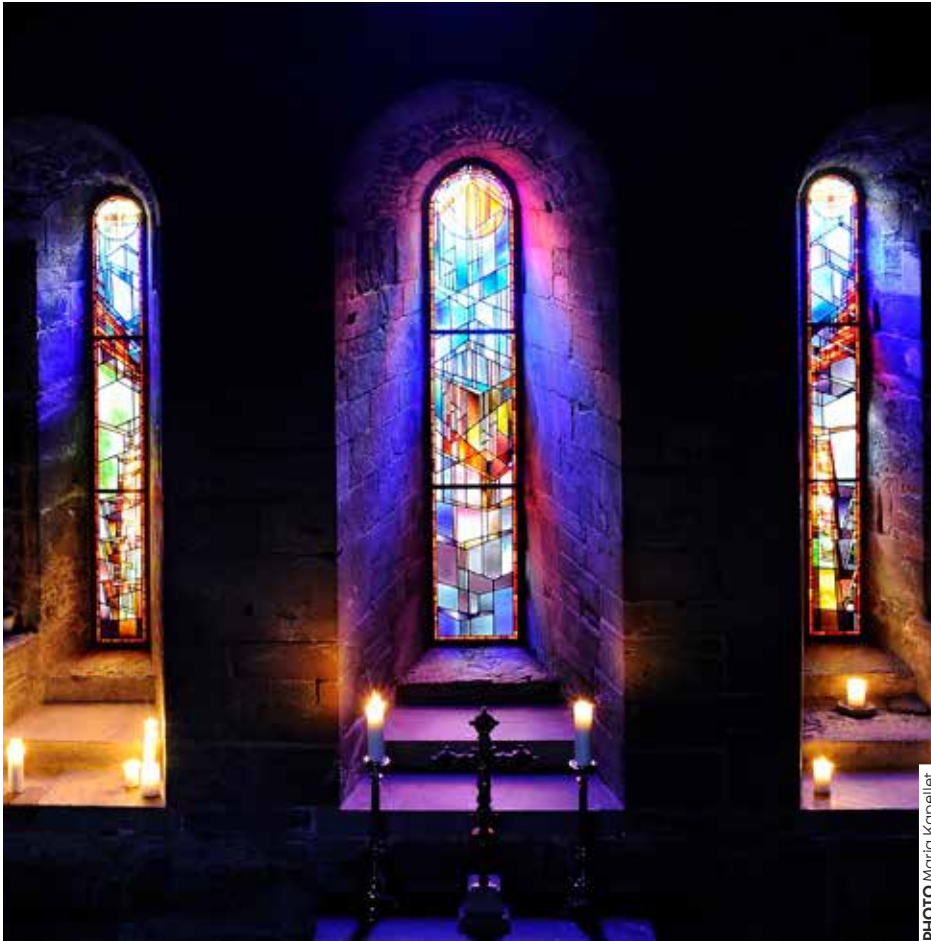


PHOTO Maria Koppellet

ABOVE

Nidarosdomen (Nidaros Cathedral) was first built in 1070 and is a pillar of history in this ancient Viking capital.

Nidarosdomen: nidarosdomen.no
 Ringve Botanical Gardens: ntnu.edu/museum/ringve-botanical-garden

ADVENTUROUS ACTIVITIES

If you are of in search of adrenaline-filled activities to the likes of sky-diving, downhill biking in Bymarka, or inline speed-skating through the city, you can also explore the wonders of the regions waters.

A central part of Trondheim's terraform is the fact that it is both a port-city and the city centre, surrounded by water. Visitors and locals have access to the Fjord, ocean and Nidelva river, in addition to small lakes.

Through Trondheim Kajakk, you can rent kayaks (with the provided services of training) and paddle your way down

Nidelva to experience an entirely novel view of the city. If you wish to observe in an inspiring and relaxing way, with blankets and beverages too boot, you can also book a plethora of trips, from sunset cruises on the fjord to river and dining experiences, with Trondheim By Boat. Enjoy the city-view from aboard a traditional Norwegian Åfjord-boat with the comfort of seats (it also modernised and motorised or comfort). Trondheim By Boat also offers trips on the fjord, where you can experience some speed and the fjord's powerful waves.

If you are looking to cool down and take a dip in the fjord, you can also swim fjord-side t Sjøbadet, located by Brattøra. Or additionally book fjord-swimming and saunas at the newly opened Havet.

Rib Tours with Crazy Coyote

If adventures by land is more your style, Trondheim offers multiple places to rent bikes. There is a bike rental at Brattøra (Brattøra Sykkelutleie) where you can rent a bike and take one of the many paths within the city, trails towards the green-spaces or you could bike adjacent to the fjord for unbeatable views. Maps can be found at visittrondheim.no

You can also explore bymarka and hidden paths through Trondheim Bike Adventures, if off-piste is more your style. They do also offer more laid-back guided bike tours for different ages.

Shopping + Eating in Midtbyen

Try a variety of culinary and shopping experiences by visiting one of Visit Trondheim's many partners:

Boutiques

Shine, Carma, Livid Vintage, Retro, Johnny Love, Bogart.Cosmo, Skills, Kleins, Fretex, Trondheim Torg, Byhaven & Solsiden to mention a few

Restaurants

To Rom og Kjøkken, Gubalari, Credo, Baklandet Skydsstation, Indian Tandoori Restaurant, Fagn, Troll & Héctor, Trondheim sjokolade to mention a few. Also check out the new chocolate store at Trondheim Torg!

EVENTS I MIDTBYEN:

Sommer i Borggården

Get a taste of the medieval life-style, through Sommer i Borggården! (Summer in the courtyard) the archbishop's palace will be filled with different activities. Learn about, and try stone masonry, watch theatrical performances and enjoy local foods.

Olavsfest

Olavsfest takes place between July 28 – August 3, and is a festival in Trondheim filled with good times and good people! Concerts, lectures, pilgrimage and church service. Read more it the regional festival guide and the listings-section!

TRØNDELAG FOOD FESTIVAL & TRØNDELAG BREWERY FESTIVAL

Trøndelag Food Festival and the Trøndelag Brewery Festival kick-off July 28 and continue the sensory festivities until July 30. This 3-day cornucopia of food, tastes



PHOTO: Will-Lee Wright

people and celebration, all comes together to celebrate Trondheim-Trøndelag as the European Region of Gastronomy 2022. Many food exhibitors, growers and providers set up their inviting stalls at Trondheim Torvet for three days to provide visitors with tastings, local offerings and share their knowledge about food production and recipes. While these two festivals occur at the same time in adjacent locations with out seating, these sister festivals are complementary entities. They are harmonious, but they are not the same – so make sure to visit more than once!

The year of 2022 is Trondheim-Trøndelag's year as the European Region of Gastronomy. It sounds like a fancy title because it is. Honouring this prestigious title, the Trøndelag Food Festival is planning to be "an elaborate and exciting festival". Thousands of attendees take a wander through the city square, hit the brewery tents for 'fredags pils' and consume local delights. It is anticipated to

be quite the happening.

The Trøndelag Food Festival, held in the cobblestone streets of Trondheim centre, lures in lovers of food from across the lands to experience the food culture of the region. Trondheim continues to ascend in status in being one of the most interesting culinary destinations in Northern Europe. Over 200 local food producers will be migrating in from the corners of the region to engage in their love of sharing food.

The festival grounds are a gallery for the visually stunning food stands and stages and designed with a juxtaposition of modern and traditional Norwegian styles. You can explore the territory's geographies by walking from stand-to-stand.

"Visitors can peruse the stands, which are organised by region, allowing you to taste mussels from the peninsula of Fosen and reindeer from the high plains of Røros."

- TRØNDELAG FOOD FESTIVAL

There is something to experience for gourmets of every age. You can pedal yourself a smoothie on the smoothie-bicycle in the youth village for kids and teens. You can take a cooking class on food preservation and fermentation at Britannia.

If you're feeling called towards a cold beverage, you might want to position yourself at Trøndelag Brewery Festival. There's something for every brewed, cider, sparkling mead, and even coffee admirer here. If you don't drink brew and still want to enjoy the various flavours crafts have to offer, you can make your way to Gulating's non-alcoholic bar. If you're gluten-free, there's clearly marked options for you as well.

This festival has over 300 brews to set your taste buds alight on. With many styles, varieties, and local ingredients both grown and foraged from 30 curated breweries. All but two breweries hailing from Norway, with half from the Trøndelag region itself.

Between sampling ciders made with fruit harvested from Norwegian orchards on the western coast and sharing a locally sourced bite to eat at one of the curated festival restaurants from the region, you will be immersed in a realm of flavours and summer joy.



Gain access to tips and plan your summer by visiting: [Summer in Trondheim](https://summerin trondheim.no) and visittrondheim.no



Read more about the many food related events happening this summer: norwayfoodregion.com

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HER MAJESTY THE QUEEN OF DENMARK

Illums Bolighus

Underground Cave Raves
Locals dancing in an underground cave rave.
Summer nights!



TRONDHEIM NIGHTLIFE

Photos Jeleena-Rai, Ingeborg Fegth & Elise Gull Askim

"Trondheim has some notoriously epic parties, and we are here to document it"

The Hanna Ryggen Triennalen opening party at K-U-K, was a night to remember. High energy in the rave basement



By installing artwork in special surroundings, KUNSTKLUBBS group of curators hosted a 3-day event at Lokal Bar's basement, where guests could experience art in a nightclub setting. Our Head Photographer Jeleena and Photographer Ingeborg Fegth taking a break under Einar Grlinde's hanging sculpture "Globo".

CONTRIBUTOR ARTICLE

GLOBAL EXPRESSION

WORDS Hill-Aina Steffenach
PHOTOS Transform World Festival

From drumming and dance, to theatre and song – meet Laye “Ananas” Dieng and Shabnam Karimi, two of the artists behind events at Trondheim’s world festival Transform and find out what inspires them.

As Norway’s third largest city and an exciting research environment, Trondheim attracts qualified people from over 140 nations around the world. The municipal plan states that the city will be an international meeting place, which is “characterised by diversity and variation in offers and experiences.” One of the main goals is for the city to preserve its international traditions with cultural diversity, openness, tolerance, and respect for others.

The name ‘Transform’ has existed since the festival started as a municipal initiative in 2005. Its purpose, as Trondheim’s World Festival, has been to promote interest and understanding of other countries’ cultures and cultural expressions by representing international, national, and regional artists from roots, trad, and world music alongside other branches of cultural life. By doing this we truly believe we can make Trondheim a more exciting and innovative city for all of us to live.

Today, the Transform “family” have members from all over the globe that use their talent and expertise to build up great projects and collaborations that don’t just bring the world to Trondheim, but also bring Trondheim to the world. I want to mention two unique projects and the highly talented people behind them who will be at the Transform festival in September.



LAYE “ANANAS” DIENG

Laye “Ananas” Dieng – given his nickname from the way he ties up his dreadlocks – comes from a Griot family in Dakar, Senegal. Griots is a tribe spread throughout Africa that maintains people’s culture – such as storytelling, music, dance, acrobatics, and song. They are called to homes when a baby is born, when someone gets married, to funerals, press conferences, public events, and special occasions. Laye came from a poor family of 11 children who barely had anything and started working early. His parents did not see a future for him as an artist, even though they had a large family of famous artists.

Despite this, both he and his younger brother started a career in music. Laye began to dance professionally when he was 16 years old, won several national dance competitions in Senegal, and began



PHOTO Javad Laye Ananas by Montazeri



touring as one of Youssef N'Dours leading dancers when he was 19. This brought him across Europe and West Africa for many years before he started as a free-lance dancer and instructor in Europe and the US. A major change occurred when he attended a Michael Jackson concert in 1999. He was so inspired that he went home to Senegal to start his own company – Lions of Africa. He wanted to merge traditional culture into a modern setting on stage, with various costumes, instruments, and talents. Setting up an audience among street partners in a ghetto in Dakar, he managed to attract a lot of highly talented young people that were selected to put on the first show.

“I was tired of the negative image that the media showed about the African continent – and still shows today,” says Laye. “I knew this could be a great way to

present another picture of the greatness of our many cultures to the people of Europe and the rest of the world. By always making us look poor and needy, by always only focusing on war, famine, conflicts, problems, poverty and political chaos, the Western media and aid organisations choose to keep us imprisoned and weak. Yes, we have these problems, but don't Europe or USA have these problems too? We have a rich continent – probably the richest of all of them, and the rich countries are fighting to get control over it. The money that is floating around is used to corrupt the leaders and politicians, but that is not us. The majority. We are just people like everyone else, that love life, that want to fulfil our dreams, take care of ourselves, and have dignity. Our creativity, our spirit to fight and survive, our rich culture and all the great developments and achievements made around Africa; that's what the media should focus on!”

At this time, Lions of Africa were also discovered by the future president of Senegal – Abdoulaye Wade – and suddenly they were among the best-known acts in Senegal and Gambia and became part of his presidential campaign. After all these years – young talented dancers, musicians, and artists of Senegal and West Africa travel to Dakar to become a part of this company. The company has even been selected to represent Senegal at the FIFA World Cup Tournament in Qatar this year, supporting the Senegal football team. But before that, we can enjoy and celebrate the members of Lions of Africa that have moved to Scandinavia and Northern Europe in collaboration with the amazing group Dhood from Rajasthan, India. World class drumming together with captivating dancers and musicians will perform in the show “Our Heritage” on Wednesday the 7th of September. We are super proud of being part of this project, supported by the Nordic Cultural Points.

SHABNAM KARIMI

From Senegal and India, we move to Iran and Shabnam Karimi. Shabnam came to Trondheim in 2018 to start her PhD, but as so many others, one side of her remained deeply involved in cultural activities and creativity and she soon became a part of Transform and our activities. She was born in the beautiful city of Shiraz as the youngest of three sisters, and music and art was always a part of their family life. She started singing at the age of 15 and performed in different acapella ensembles in Iran that also toured internationally. But as a girl and woman in Iran, there are many regulations and obstacles – like the fact that you can't perform solo on stage nor challenge and question society and the government.

But in 2021, Shabnam received a fund from Trondheim Kommune and produced and performed “Encounter”, an autobiographical theatre performance that was presented at Trykkeriet Scene as a part of the Transform Festival. The concept, scenography, music collage, and acting of this performance was done entirely by her. It questioned the life people live and what they dream about living. How we are tied up maintaining a secure and regular life; either because family, traditions, society, or destiny decided that this is the right path, but inside there is an urge to create and do what you really want to do. The audience was captivated by the performance and the message it sent out. Luckily it will be performed again during the Transform festival in September 2022.

“The idea of being able to work and make a living from the field of art, has long been a dream,” says Shabnam. “There have been many challenges, from growing up in Iran where women are not even allowed to be on stage, let alone to the possibilities that are now in front and in reach. Science was a safe way, but it's time to find out if it's possible to step into the unknown and find a less safe, but more true way. And also, to influence others to see the beauty and feelings inside of women in general, but Iranian women in particular. They are often told to be a daughter, a wife, a mother, and a sister, but not dominant and leading. That should change!” Shabnam's sister – Sara Karimi – will also attend this year's festival with her own exhibition. She is a painter and artist and often portrays women in her artwork.

TRANSFORM WORLD FESTIVAL

Photos Bilge Oner



TRANSFORM IS TRONDHEIM'S LARGEST annual world music and cultural heritage festival, celebrating the roots of many cultures that contribute to making Trondheim and Norway a culturally rich and fantastic country to live in. Presenting local folk music, and sounds from every corner of the globe, Transform is set to kick-off during September 5 – 12 in Trondheim's city centre, with main stages at Dokkhuset, Trykkeriet, Byscenen, ISAK and along the city's corridors.

The festival first launched in 2005, and re-organised in a new form with additional partners in 2009. Transform brings together people from all walks of life and Norwegian residents to celebrate history, society and culture in a week-long festival including performances, seminars, talks, art exhibits, children's events and concerts.

With the ambition to help locals "see the world with new eyes" Transform World Festival is set to spice up the music scene this year in Trondheim by bringing in popular music groups from parts of the world such as Asia, Africa and Latin America. Listing an impressive line-up of musicians and bands from Senegal, Morocco, Iran Turkey, India, Greece, France, Germany, Mongolia, Finland, Sweden and Norway --the festival hopes to expose Trondheim to an international music extravaganza.

"Transform has, for nearly 20 years, actively engaged newcomers, residents of ethnic diversity and Norwegians in a celebration of culture, to provide greater understanding between ethnic Norwegian society and internationals and minorities. This movement of sharing ideas and inspiration is a stepping-stone to greater cultural understanding".

The festival brings together the impressive 140 different nations of people living in Trondheim. It aims to be enhance visibility for cultural minorities in Norway, by bringing artists and organisers from behind the scenes and onto the stage. Transform creates new meeting places to support enhanced inclusion. Just like Trondheim, Transform festival has something for everyone. You don't want to miss it!



TRANSFORM'S IMPACT MAP

- A festival that has the most nationalities in its administration and festival-group
- Succeeded in creating a artistic meeting place, for art, handicrafts and music in a visible Trondheim stage
- Created high-quality productions concerts and events, placing minorities in the spotlight
- Supporting
- Creating opportunities and spaces for collaboration, for some of the world's most perceived vulnerable, such as Romani people, who themselves are proud of their culture



BEHIND THE MOVEMENT: HILL-AINA STEFFENACH

Hill-Aina is the general manager for Transform, as well as a doctor and former brain researcher with a PhD in neuroscience. She grew up in a rich art scene in Svolvær Lofoten. Leading multiple international projects in the arts and culture scene, she coordinates seminars and lectures about the world around us and Norway's role internationally. In her work she explores themes such as solidarity, impacts on people and consequences of war and conflicts, freedom of speech and fair distribution.

Transform's main thrust is the desire to celebrate the international town that Trondheim has become and present the different cultures living here. Hill-Aina Steffenach, head of the Transform festival – daytime doctor (Legevakt) and night-time music enthusiast and social change advocate – speaks enthusiastically about the festival and the ideas behind it. "Norway, is changing and Trondheim is now more ethnic than ever before -- we want to show how many possibilities and inspiration we can track from an international collaboration. We also want to reduce prejudices about people from other cultures and join people together in music, exhibitions, workshops and art".





Transform's main thrust is the desire to celebrate the international town that Trondheim has become and present the different cultures living here.

Festival Tips

For students and culture-lovers:

- A tribute to Mikis Theodorakis who would have turned 100-years old last year. Talk by Oluf Dimitri with Taximi
- Collaboration between Transform, NORD University and Serbia World Music, where students travel to Serbia to learn Balkan music, with instructors travel to Norway for concerts.
- World-renowned throat-singers from Huun Huur Tu will close the festival at Byscenen on Sunday evening.
- Cuban-Norwegian Yaysi Rojas comes with her band of superb mu-

sicians to open the festival. On Tuesday, flamenco music and dance will mesmerize you when OBaider band visits Byscenen with his flamenco ensemble, while the quartet Telli Turnalar invites you to listen to beautiful songs and music from Turkey and Kurdistan on Friday and Saturday.

- There is an exhibition with painters from several different countries who interpret the "Cave Parable" by Plato. Also including a separate solo exhibition with Iranian Sara Karimi visiting the festival.



- Enticing lectures at St Olav's Hospital, with our annual seminar on immigrants' encounters with the Norwegian Health Care Service. This year's theme surrounds those who grow up with war, hunger, abuse, flight -- and a lack of security in their experience of health care.
- Underreported Reality with Øystein Windstad, will explore the experiences of journalists who criticise their own authorities and international politics. We are visited by journalists from Russia, Israel and the UK.

- Transform cooperates with Amnesty International to review Israel's apartheid policy towards the Palestinians, based on reports from both the UN and Amnesty, reviewing how and if this will affect Norwegian policy.
- Finally, the seminar on Assange will discuss implications for international journalism and whistleblowers, should he be extradited to the United States. Assange faces imprisonment and sentencing for having uncovered the West's war crimes in Asia.

For families and the city's residents:

- 'Our Heritage: a collaboration between Indian Dhoad and Sengalaise Troup Lions of Africa
- The entire Saturday program is catered to children and family program with concerts including 100 pupils from Trondheim Culture School playing Nordic Folk music and a fantastic band from Sweden playing folk music in the big band style, Byscenen.
- Workshops and an international market, outdoor stage and exhibitions at Else Laula's square and Cicignon's square
- Significant collaboration with LOR - The national organisation for the Romani people, or the Tatars, including several lectures, concerts and performances through the Cultural Schoolbag throughout the week.
- Shabnam Karimi presents the solo performance "Encounter", of great acclaim. Karimi comes from Iran, however is currently a doctoral student in Trondheim. The performance showcases what many people experience: aspirations for one's life and dreams, and the realities of constraints due to social circumstances and restraints.

Find the full overview of events and tickets, check out: QR code



Camisole de ROCHE, Jetta Frost
 From SYNTHESE, TKF
 Photo by Jeleeena-Rai

R U IMMUNE, Jetta Frost

ART LIST

JETTA FROST

JETTA FROST IS A NORWEGIAN-BRITISH performance artist, proclaimed rock & roll enthusiast, who is completing her Bachelor of Fine Arts at the Academy of Fine Arts in Trondheim, NTNU.

She's also a dear friend of mine. When first meeting her my initial impression was that she was a strong woman (who doesn't give a damn). It turned out that she is way stronger than I had assumed, while concurrently dealing with an illness that I wouldn't wish on my worst enemy -- Crohn's Disease. Always in a state of excruciating physical pain, Frost moved through life as if nothing bothered her. I felt a silent strength in this act of hers, and this strength definitely shines through her art.



ABOUT JETTA'S PROJECTS:

Camisole de Roche

This specific artwork is a hand-sewn straight jacket. Frost calls it the Roche straight jacket. It is made out of a thick canvas material repurposed from old sleeping bags and carriers from World War II. The thought of the material already having lived a lifetime prior to its reincarnation gives the work another dimension. On the front of the jacket Frost has embroidered the word Roche, in bright blue. This is in fact the exact logo of F. Hoffmann-La Roche AG, a Swiss multinational healthcare company that operates worldwide under two divisions: Pharmaceuticals and Diagnostics.

Camisole de FORCE ROCHE, Jetta Frost
From SYNTSE, TKF
Photo by Jejeena-Rai

Camisole de FORCE ROCHE, Jetta Frost
From SYNTSE, TKF
Photo by Jejeena-Rai

2 capsules for dinner, Jetta Frost

OOST

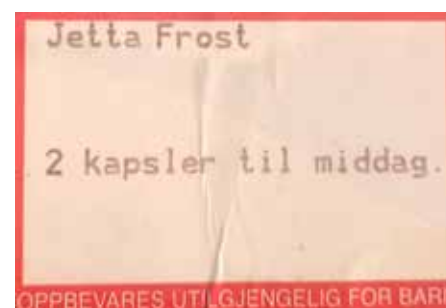
Camisole de FORCE Roche:

Prior to the completion of the Roche jacket Frost constructed a 3-minute-long video performance, where Frost herself was strapped into the straight jacket for the very first time.



Although the performance piece and jacket are to separate artworks, their thematic intentions are entwined as a body of work that she will continue exploring further into her practice. It is her intention to address significant problems in the medical distribution industry, where millions of people suffer horrific side effects from prescription drugs. Frost is of the opinion the actual side effects of pharmaceuticals cause more significant issues in many patients, than the original problem the drug was intended to treat.

Through contextualising her work, it is clear that Frost's thematic focus explores the human body and its vulnerabilities. She attempts to define corporate



and political greed within the medical industry. Frost wishes to not only criticise the medical industry for these oversights but also challenge a medical system where some doctors fail their patients, in some cases lacking knowledge and empathy, in an effort to bring attention back to the patient. It in fact is the individual they are treating; an autonomous human being with feelings and emotions.

Through her performative artwork Frost moves to investigate human fragility and vulnerability, by using her own body as a channel for her emotions, into unseen experiences of pain. To enable herself to address these issues Frost has concealed her body, choosing only to expose her head. Weighted pendulums attached to the ceiling are then placed in such a way as to tempt the spectator into activating their unpredictable motion and capability. By exposing only her head surrounded by a constant danger and threat of swinging bricks, this made her feel uneasy, scared and above all -- vulnerable.

Q&A WITH ARTIST JETTA FROST*Are you enjoying Trondheim?*

I've fallen in love with this city! The fact that it's on the smaller side makes it easier to connect with a wider range of people. Communities that are normally closed off to each other, somehow overlap nicely in Trondheim. It's hard to feel lonely here.

Can you name a few of your inspirations?

Everything by Led Zeppelin... I grew up with this music.

Shakespeare, since I'm an actor, I naturally reference his works a lot in my performances.

Natural Born Killers, Quentin Tarantino...everything from the imagery and brutality to his use of soundtrack.

Marina Arbovonovich -- obviously she is one of the world's leading artists, which is inspiring in itself, but the way she works with pain truly resonates with me.

I grew up in a family of artists and although our work is different, they have inspired me and supported me from day one.

What else do you do?

Music! I've played the drums for a while, so I kill time by drumming along to classic rock, indie and jazz music. Sometimes I'll pop by a British pub for some fish & chips and a pint as it makes me feel closer to home. Creating artwork as a sole income isn't the easiest, so I started doing this little side-hustle as a Lash Technician. It pays the bills and is super flexible.

Are you looking forward to any particular events this summer?

Other than the Eat the Rich festival, I don't have anything specific planned. I reckon that I'll find plenty of events by reading this coming issue of The List Magazine.

What is next for Jetta Frost, the Artist?

After a tough year, I'm finally ready to get back into the grind and finish my BFA at The Art Academy (Kunstakademiet) in Trondheim.



Having Crohn's has been living hell and I truly believed at one point that the endless cycle of pain, medication and hospitalisation would never end. With the concept of pain being the baseline of my art, I'm still figuring out what to do next -- now that I'm better. Since my last operation I've been focusing on getting

accustomed to the differences in my body and this process is starting to look like the theme for my next project. I'll use everything I've gone through to show people that there's always hope for change, even when you are living with a chronic illness.

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GUIDE

The Un-Secret Gardens of Trondheim

A map to floral treasures and a collection of tips for giving your plants some summer love.

Summer Care for Indoor Plants

July and August are the best weather months. Yet even indoors, we have to be mindful of the effect the heat has on our plants.

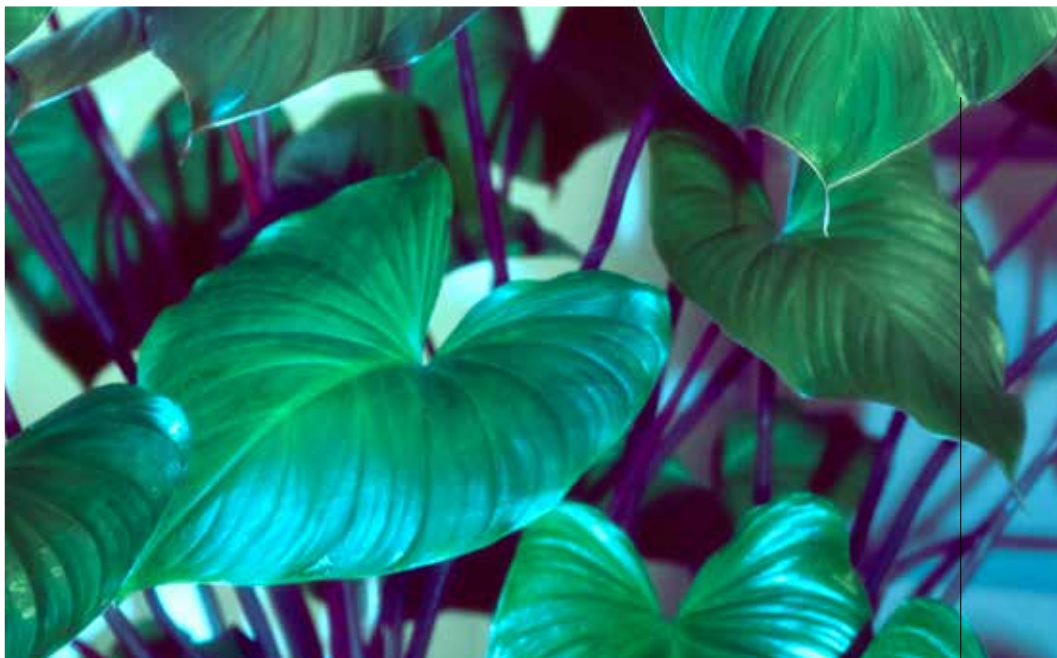
- Give your plants nutrients once every second week.
- When it's a warm and sunny day, give your plants a little extra water just to be safe.
- If you have a plant in a window facing south or west, the sun will be extra strong. Put something up to help give it a little extra shade, or move your plant down on the floor away from the window.

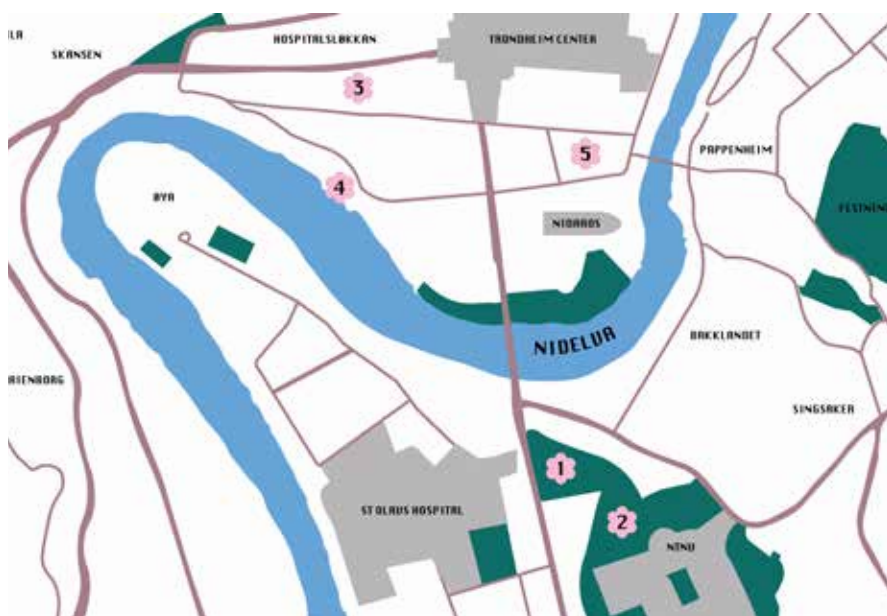
Summer Care for Outdoor Plants

- Give your plants and your lawn a round of fertilizer on a rainy day - chicken manure is strong, but if you use it with care, you will soon see a garden more lush than ever before.
- Shrubs that flower early (like Spireas, Philadelphus and Syringas) can now be pruned to help them make new buds ready for next year. Old and damaged branches should be removed first and if you're unsure what to prune, when and how, there are many online sources to check out like BBC's Gardener's World
- Try to water either in the morning or in the evenings, as water evaporates fast in the sun and leaves can get sun-burned as water droplets function as a magnifying glass!



WORDS Steinar Mostad and Marius Iverson
PHOTOS Jéleena Rai





Uncover the google maps locations of these parks and gardens using this QR code.



A SECRET TRONDHEIM PLANT WALK

This not-so-secret map of parks and gardens will lead you on a walk of the beautiful flowers and foliage that visit Trondheim in the summer months. Each place on this map has its own magical quality that renders it worthy of a visit.

1. Høgskoleparken The best time to visit is in early summer, as lilac trees of old live here. They are some of the oldest in the city. But there's more -- If you find yourself standing in front of the main NTNU building, you'll encounter new friends in the structured beds of flowering begonias. If you aren't one for making fast friends with the flowers, perhaps you can try your odds taking in the surrounding hedges, majestic and well-trimmed.



2. Høyskoleparken This park has the biggest rhododendrons bushes located in Trondheim. A forest of rhododendrons if you will. It also is a meeting point for students, and a good place to meet like minded plant people in the summer months.

3. Museumsplass The museum park is unique treasure. It hosts an impressive diversity of perennials, with different colours, height and flowering periods. This is a quiet spot and good place for a date or a family picnic.

4. Tantes Hage This secret oasis is a chance to experience something truly unique. This garden is private, and the landlady is nice enough to let the public in on most Sundays in the summer months. Open Sundays from 10 – 18.

5. Rådhusparken This garden is located behind city hall and it has its own expression. It is home to a round flowerbed, filled with roses, that will bloom from early July. Within this garden lies a strange oddity, a huge horse chestnut tree, which usually don't usually thrive in these parts.

ENERGETIC SPACES

SPORT! KIND OF...

TRØNDELAG IS HOME TO THE highest concentration of Olympic-gold-winter-sports medalists in the country, and there is no shortage of skiing opportunities and crazy hopping from Granåsen to Vassfjellet, Bymarka and Oppdal. What about for the rest of us...perhaps you are of the sports-curious kind but interested in something a little different?

The List has compiled a smattering of unique sports experiences in and around the Trondheim region. If you are a student or faculty at NTNU or Sintef, you have access to NTNUI, a fantastic organisation that coordinates every possible use of physical agility on this earth (nearly), from cricket to orienteering to African dance classes.

Otherwise, we have added in a few 'I should try that' athletic opportunities. All of the organisations listed here have taken Coronavirus precautions seriously and amend sessions to comply with all new restrictions as they are implemented. Each of these groups are welcoming of beginners, or even advanced members. Something new for you?

Jonas recommends: Capoeira is a Brazilian martial art and dance that has found its way to Trondheim. In Capoeira, you 'play with' rather than 'fight' the other player. Traditional kicks are mixed with rhythm, gymnastics, song and music. As a practitioner you will become strong and flexible while having a lot of fun! The group welcomes all genders and all levels of physical strength and stamina, as Capoeira is highly adaptable. If you're looking for a



varied, social, and fun way to exercise the whole body, Capoeira is for you! The new semester begins mid-August.

🌐 capoeiratrondheim.no

📌 GUC Trondheim Capoeira

Jaya recommends: Disc Golf and Ultimate Frisbee in Trondheim Disc golf is a frisbee sport that requires you to throw a disc at a target, using rules similar to golf. Beginner to advanced courses are offered. All courses are open for non-members and free of charge, on most days. Ultimate Frisbee is a fast-paced team sport that is played outdoors on a large field, or indoors in a smaller arena. The goal is to pass the frisbee to a team-mate in the end zone. Fun fact! Trøndelag is home to some disc golf and ultimate frisbee national masters, with the youngest national ranking #5 player under the age of 12.

📌 Trondheim Frisbeeklubb

David recommends: NTNUI Quidditch is the oldest quidditch club in Norway and offers three practices a week, in addition to several social events. The sport is a full-contact sport that can be described as a combination of handball, rugby, and dodgeball. Introduction practices begin during the third week of August.

🌐 ntnui.no

📌 [ntnuirumpeldunk](https://www.instagram.com/ntnuirumpeldunk)

📌 NTNUI Rumpeldunk

Gwen recommends: Bispeliden Historical Medieval Club has adapted medieval fighting into a modern martial art with a very low bar for entry. The beginners programme starts Monday, September 6th and lasts three weeks, with no requirement for previous experience or equipment. Though groin and teeth protection is recommended! Courses are often held in English.

🌐 www.bispeliden.com



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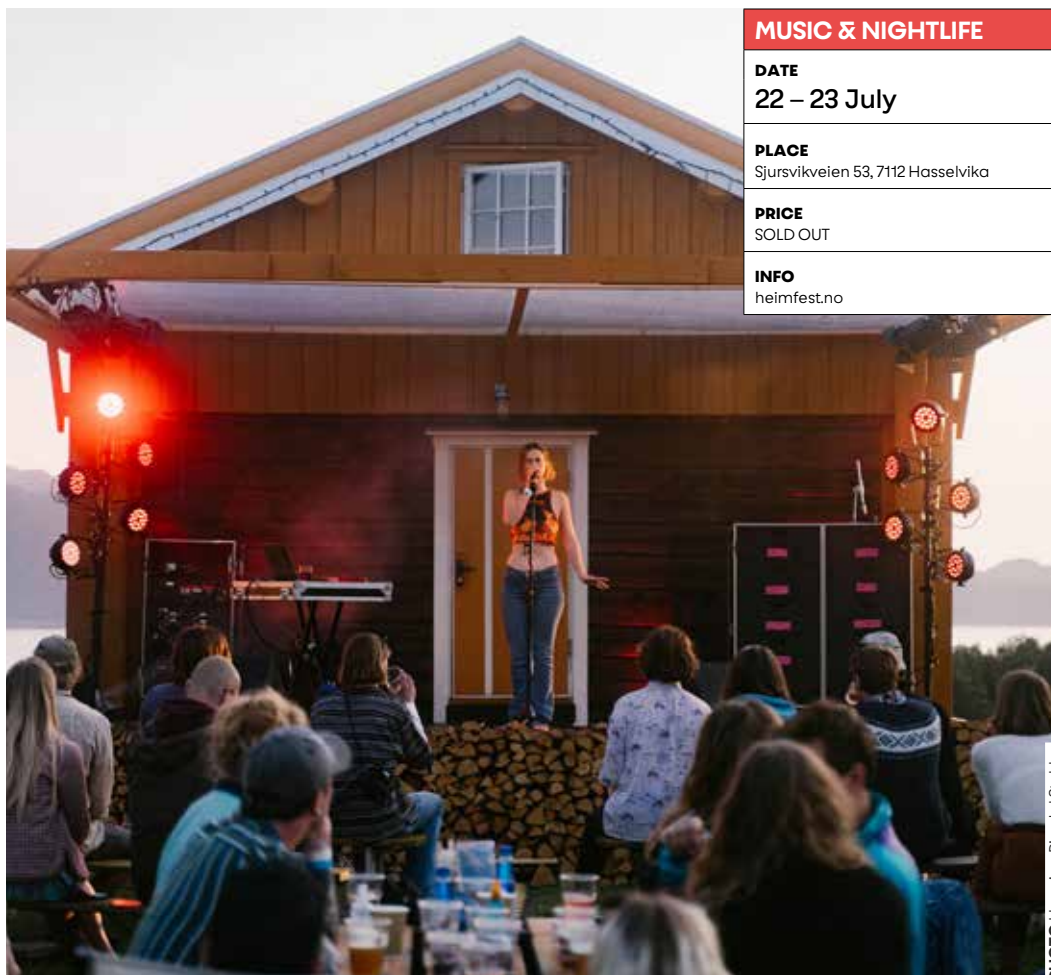
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IN THIS ISSUE

PREVIEWS & LISTINGS



MUSIC & NIGHTLIFE

DATE
22 – 23 July

PLACE
Sjursvikveien 53, 7112 Hasselvika

PRICE
SOLD OUT

INFO
heimfest.no

PHOTO: Henning Bjørdal Stokka

HEIM FESTIVAL

HOME, PERMANENT RESIDENCE for family, friends, and the new kid from outside of town. HEIM Festival is Trøndelag's captivating camp festival, located in the small town of Hasselvika that's

just a short boat ride away from Trondheim with the Hurtigbåten. Here you can savour local food prepared by some of the finest Michelin chefs, attend and part-take in multiple activities on and

off the fjord, and tune in to concerts with artists like Honningbarna, Valkyrien Allstars, and Uganisha – to name a few. Or you can go clubbing in the forest, yes clubbing IN THE FOREST, with Vilde Tuv who's recently been awarded a Spellemann prize for best electronica album. Need we say more? As usual, tickets are already sold out, so stay put to secure a ticket for next summer!

BRYGGEREKKA BRUKTMARKED (SECOND-HAND MARKET)

BRYGGEREKKA IS A SECOND-hand outdoor market located in Kongens gate, with the intention of creating opportunities, visibility, and bringing more life to Kjøpmannsgata in Midtbyen. A Blue Thread and the Vitalisation Project for the Piers in Kjøpmannsgata started this market as part of a wider investment in experimental urban development to enliven the pier row, and is backed by Trondheim's Municipality.

The market is open for absolutely anyone! Would you like to sell your antiques and used items, and enjoy networking whilst earning some extra cash? Whether you want to sell clothes, books, trinkets, collectibles, records, or plants – to name a few – everyone is welcome! The market also aims to support local craft and designers, so if you have your own, this is the perfect place to showcase your work. Make sure to book a stand in good time at www.standplasser.no. And if you're a collector, simply come and spend your moneeeeeeh!

OUT & ABOUT

DATE
Every Sunday until the end of August

PLACE
Kongens Gate Allmenning, Kjøpmannsgata 25, 7013 Trondheim

TIME
11 a.m. – 4 p.m.

PRICE
200 - 300 NOK



PHOTO Wil-Lee Wright

SVERRESBORG TRØNDELAG FOLK MUSEUM

WHEN YOU THINK OF THE word museum, whatever comes to mind, there is little chance it is anywhere close to what the Sverresborg Trøndelag Folk Museum is. Nestled next to Trondheim's core, it is a magical place. Home to a labyrinth of historical homes and structures, made up of many old buildings from all over Trøndelag that have been moved to find a new life in the museum. Those that weren't moved are historical replicas from the region. The museum has a feeling of modernised history.

Walking onto the museum grounds feels like stepping into a land of fantasy and you

can't help but to gape at the abundance of beauty around you. There are castle ruins sitting atop a hill with one of the most beautiful views in Trøndelag, forested paths with fairy tale statues of mythological creatures, a traditional Stave Church that smells of charred mystery, and the most heart-wrenchingly perfect apothecary one could possibly see. The backdrop that this enchanting land of wonder provides does not go to waste either.

The museum boasts a catalogue of experiences that quite possibly couldn't be improved upon. They are telling the story of the old city

of Trondheim and rural life in Trøndelag in a way that is layered with weirdness and personality. You can visit the

OUT & ABOUT

DATE
Year Round

PLACE
Sverresborg Alle 13, 7020 Trondheim

SUMMER HOURS
Everyday 10 a.m. - 5 p.m.

PRICE
Adults - 140 NOK
Seniors & Students - 120 NOK
Children - FREE (0- 15 years old; must be accompanied with an adult)

INFO
sverresborg.no

museum and have a traditional experience, walking the grounds and exploring exhibitions of artefacts and old treasures, or taking a guided tour. Or you can also take part in their medieval camps and folktale theatre, experiencing the museum through the lens of live-action roleplaying or feeding the farm animals in their beautiful gardens.

The museum is beginning a new era of exploring history. Of being able to enjoy historical grounds through the lens of music, art, theatre, and hospitality. Creating experiences that completely redefine the concept of what a museum can be.

TRONDHEIM GREEN FEST

TRONDHEIM GREEN FEST IS a voluntary organisation that arranges an annual sustainability festival and other events throughout the year, where the focus is to inspire and motivate a greener lifestyle. This means a lifestyle that is friendlier to the climate, environment, animals, and to your own health! Both guests and actors at the festival aim to increase the knowledge and understanding of the importance of climate-friendly choices, in their entirety and in everyday choices. They choose a positive approach to the topics, with tools that focus on inclusivity and engagement. The organisation aims to be a platform and meeting place for all people with curiosity and interest in a greener everyday life.

The festival is inclusive for absolutely everyone. They want to let Trondheim's residents and visitors explore a greener and more harmonious lifestyle, via lectures, concerts, food courses, activities, exhibitors, and more.



OUT & ABOUT

DATE

3 – 4 September

PLACE

Krigssellerplassen, Kjøpmannsgata 75, 7010 Trondheim

TIME

11 a.m. – 6 p.m.

PRICE

FREE

INFO

trondheimgreenfest.no/

Festival admission is free and of course welcomes people with different cultural and financial backgrounds, aiming to remove inequality and discrimination. Another fun part of the festival is speed-friending, a quick way to get to know people and strengthen unity and networks.

Trondheim Green Fest offers food and a sociable atmosphere to those who want to volunteer. There are expected to be around 2,000 visitors during the festival weekend, with accessible parking and an accessible entrance at the Hjorten stage for those who require it.

Trondheim Green Fest is in collaboration with Trondheim Maraton, Trondheim Pride, and Trondheim Kuldeeksponering. They are funded by Sparebank1 Samfunnsutbytte and Trondheim kommune.



PHOTO Dean Sheridan

PSTEREO FESTIVAL

ONE OF TRONDHEIM'S MOST anticipated festivals is back and better than ever, just in time for its 15th anniversary. The two-day festival will return to Marinen and will fill the waterfront with party people and music enthusiasts alike. Pstereo Festival will have hit performances from headliners Sigrid, DumDum Boys, and Girl in Red.

You can attend as much of the event as you want, there are both day and weekend passes. A student ticket is also offered, at a discounted rate for both days. Pstereo is

MUSIC & NIGHTLIFE

DATE

19 – 20 August

PLACE

Marinen, Trondheim

PRICE

VARIOUS

INFO

pstereo.no/

collaborating with the Scandic Hotel for accommodation for the festival attendees, which is only a short walk from the concert grounds and on the river Nidelva.



PHOTO Levi Saunders

TRONDHEIM PRIDE

IT IS THE 25TH ANNIVERSARY of the Pride Parade here in Trondheim and we are proud to have supported and advocated for a future without discrimination over the past quarter-century. Trondheim Pride supports our LGBTQIA+ communities in the pursuit of unquestioned equal rights. It is the right to be known,

be heard, be understood and to be treated with respect. Trondheim Pride is looking to celebrate individuals of the LGBTQIA+ community while offering a platform for communicating the ever-present concerns about safety and value within our city.

The main goal of Trondheim Pride is to create

events that ultimately inspire, educate, and celebrate queer culture. Together, we can work towards the common goal of showing Trondheim and Trøndelag as an inclusive, open, safe, and diverse place for anyone to live and grow up. This is an opportunity to address the current and relevant issues facing the LGBTQIA+ community and its members. A celebration is a form of activism and protest. To give a platform and an amp to the often-quiet voices that should be heard, as well as support the voice of activists and the event organisers.

Pride all over the world has an extensive and important history. This event honours the minority group who have struggled for decades to overcome prejudice and to be accepted for who they really are. Hopefully, by participating in the event, members of our community can feel safe, respected and accepted. While educating and opening the mind of their peers.

The parade will take place on the 10th of September at Trondheim Torg and will include many community members, performers, and cheering crowds, as well as a rainbow fair at 10 AM at Nidaros Cathedral. Later in the day, there will be a Pride Party, open to everyone who participates as part of Pride, at 7 PM at Byscenen. All of the celebrations are open to large groups, organisations, and teams, who can participate in the optional registration of their group through Trondheim Pride. The parade will display countless rainbow flags that represent the LGBTQIA+ members. The rainbow represents the many groups and identities within the queer community. Remember to bring your Pride flag and colourful clothing of choice to show off your pride!

OUT & ABOUT

DATE

2 – 11 September

PLACE

Various locations

PRICE

FREE

INFO

trondheimpride.no/

WOODCARVING COURSES: DRAGON STYLE

WANT TO TRAVEL BACK IN time and experience fine details of the Viking Age? Look no further! Rune Hjelen offers woodcarving courses, with a focus on the “dragon style”. Rune is a university lecturer

in arts and crafts at Nord University and a trained pedagogue, who has a journeyman certificate in the woodcarving profession as well as a master's degree in traditional art. This specific style draws inspiration

from, and has a background in, the Viking Age, as well as the Middle Ages and Stave Church Ornamentation, with a preliminary peak around the year 1900.

At Rune Hjelen's woodcarving and woodturning course centre in Ranheim, you'll be taught a range of methods, from important elements within the dragon style, to basic material science and grinding techniques. The principles of drawing, as well as staining and surface treatment will also be covered. Bring your own woodcarving chisels if you already have some, if not, don't you worry, they have ten sets to loan with 21 woodcarving chisels in each set for 300 NOK.

Feel free to speak with the course teacher for advice, recommendations, and more information either by calling or emailing.



OUT & ABOUT

DATE

4 – 6 November

PLACE

Osvegen 60, 7054 Ranheim i Trondheim

PRICE

3950 NOK (including food)

INFO

dragestil.com/

CONTACT

@Rune_hjelen_kurs
+47 92236257
rune@hjelen.no

SAVE A CHILD CHARITY CONCERT

SAVE A CHILD, IS A Norwegian based organisation which collaborates and partners with 120 organisations globally, with the main goal of helping children in need. This summer they'll be hosting a youth talent show, in the hopes of encouraging young people and aspiring artists in Trondheim to pursue their passions for the arts. No experience needed, no gender distinction, just pure love of music and a few minutes of internet access to sign up at www.saveachild.no or by sending an email to mansoor@saveachild.no

MUSIC & NIGHTLIFE

DATE

15 July

PLACE

Outside Trondheim Torg, Kongens gate 9, 7013 Trondheim

TIME

4 p.m. - 6 p.m.

INFO

saveachild.no/



HYFER

A NORWEGIAN

futures-festival of arts and science creating an unpretentious playground for curious and open-minded humans.

Hyfer is for the curious minds. For the artist who dreams of new futures, looking to harness new technology that an engineer is developing. For the scientist who wants to connect with the public and learn from their experiences. For the youth who are inspired by new discoveries and questions that scientists explore. For the student who talks to established minds and challenges the status quo. Harnessing the spirit of creativity – the fuel of human ingenuity that can never be depleted – Hyfer is creating a network of knowledge, synergies, and stories for people to experience in fun and interesting ways. A merging between arts, sciences and the public to shape a better future for us all. This festival will be:

- An open space where knowledge is shared, trading information with great minds all over the world and linking people together from different

OUT & ABOUT

DATE

21 – 24 September

PLACE

Trondheim

INFO

@hyferfest
@Hyfer fest

areas of research.

- An inclusive arena for debate, open to controversial, taboo, or suppressed perspectives and topics to give a fair analysis from both sides of the aisle.
- A stage to share and learn, one which is attractive to young and experienced minds alike; helping them grow with new perspectives and new understanding, in this way exposing the new possibilities that surround us.

Hyfer acts as a strong support to its ecosystem by curating interesting activities and exciting storytelling, encouraging people to break from old paradigms and innovate. If you want to experience something new and feel inspired, stay tuned to see what Hyfer is up to.

TRONDHEIM CHAMBER MUSIC FESTIVAL

FINALLY, AFTER ALMOST two years in isolation, it is once again time for festi – Kamfest – is happening between the 18th and 25th of September. The festival takes place in the city centre area, spread out across multiple venues.

This year's festival composer is none other than Austrian multidisciplinary artist Olga Neuwrith. A double concert for drums, cello, and orchestra written by Neuwrith is having its world premiere at the festival. In addition, Neuwrith has nine other pieces being performed during the festival.

Kamfest continues last year's new addition to the festival, with the 'At home with' concept, which consists of a concert at a local artist's

house or at a local landmark; Atelier Gullvåg, Riis, Duft, and NTNU to mention a few.

There will also be a 'Wandering concert' at the fresh K-U-K, serving as the festival opener, and an 'Evening of music' at one of Trondheim's best restaurants Credo.

And as always there will be concerts in Nidaros Cathedral. This time an interesting fusion is happening at a night concert, where Haydn's grand Theresienmesse will be fused with Norwegian folk-tunes and songs. Among the contributors to the concert are Det Norske Solistkor, Grete Pedersen, Trondheim Solistene, Tuva Syvertsen (playing the famed 'hardingfele'), Hans-Kristian Kjos Sørensen, and Erling With Aasgård.

This year, the Trondheim Chamber Music Festival offers student prices for tickets!

MUSIC & NIGHTLIFE

DATE

18 – 25 September

PLACE

Various locations

PRICE

Individual events ticketed separately

INFO

kamfest.no/



PHOTO Harald Hoffman



FESTIVAL OF JEWISH CULTURE TRONDHEIM 2022

HAVE YOU EVER JOINED A Jewish folk dance or sung Yiddish songs? The Festival of Jewish Culture Trondheim 2022 is your chance. The festival is packed with experiences to expand your understanding of Jewish culture as well as build bridges between Jewish cultural and religious practice and Norwegian multicultural society.

"We want all kinds of people to come to the festival

and experience it together," says Rita Abrahamsen, the Director of the festival. "This way, everyone can have a common experience of Jewish culture together. It's a great way of learning, without being taught." And there is a lot to experience. At the festival, you can discover how Jewish religion, language, tradition, and history have influenced dance, song, art, and more, stimulating new expressions.

OUT & ABOUT

DATE

2 – 4 September

PLACE

Various locations

PRICE

Saturday day pass 850 NOK
Sunday day pass 850 NOK
Individual events free or ticketed separately

INFO

jkfest.no/

Come along to a concert by the Budapest Klezmer Band, an energetic group playing traditional Jewish klezmer music. This fast-paced, mix of clarinet, accordion, violins, and drums can't help but get you dancing. You can even learn to sing Yiddish songs with a Nordic influence alongside Louisa Lyne, an established singer and performer who has already introduced these songs to a broad Swedish audience. If that's not enough, there's always Yiddish tango – a unique combination of Slavic and Jewish elements mixed with Argentine influence.

In case you're in need of something calmer, there's plenty to keep you interested. Join the city walk through Trondheim's Jewish Quarter and grab a coffee with Daniel Johansen, an art historian and associate professor at NTNU. Or visit the art exhibition on the third floor of the synagogue. At each of these events, there is the opportunity to discover more about the history of the Trøndelag Jews. Find out where they come from and why they established themselves in Trondheim.

Of course, the festival wouldn't be complete without some traditional Jewish food to enjoy, from bagels at the synagogue to the traditional Shabbat night. This popular event will serve a four-course dinner from the Jewish kitchen and will keep everyone entertained with celebratory klezmer music. "This year the festival will be celebrating the third part of its 10-year anniversary. The actual anniversary was held in 2020" explains Rita. "It's great that this year we can do so much more!"

So come along and enjoy the music, talks, exhibitions, and stories. There is plenty to experience together!

LISTINGS

FOOD AND DRINK

Food & Wine Courses

All year round on specific dates

Cafe ni muser offers food & wine course

Cafe Ni Muser

Various times and prices

<https://nimuser.no/mat-vinkurs/>

SPORTS

Yoga with Ukrainian Instructor Every Monday

From Ukraine? And in need for an activity? Instructor Oksana welcomes you to 90 minutes of Yoga every Monday. With 20 spots available with registration via Spond at the Ukrainian association in Trondheim. They have yoga mats to loan and its all free of charge!

Ila Frivillig Sentral

14.15 - 15.45, FREE

<https://ila.frivilligsentral.no>

OUT AND ABOUT

Bryggerekka Bruktmarked (Second-hand market)

Every Sunday (til 21st August)

A second-hand market that is open for everyone who'd like to sell their used antiques and items, whether its clothes, books, or plants, etc.. Just make sure to book a stand at www.standplasser.no. You are also welcome to simply come through and purchase items

Kjøpmannsgata 25, 7013 TRD

11:00

<https://trdevents.no>

ART AND CULTURE

Galleri Hanne - Collective Exhibition Everyday

Hanne celebrates 45 years with new works from the gallery's permanent artists.

Galleri Hanne

Weekdays 11-17, Saturday 11-16, Sunday

12-16, FREE ENTRANCE

<http://gallerihamne.no>

ART AND CULTURE

Ecophilia - Meta.Morf 2022 6 May – 14 August

The exhibition presents artists whose work raises critical questions about what it really means to be an ecophile - a true nature lover - in our world characterized by constantly new technologies, environmental disasters, biotechnological wonders and blurred boundaries between the created and the natural.

Kjøpmannsgata Ung Kunst (K.U.K)

18.00 - 20.00

<https://www.k-u-k.no/utstillinger/>

ART AND CULTURE

Life Support System - Meta.Morf 2022 7 May – 31 July

"This artistic provocation seeks to estimate the orders of magnitude of critical ecosystem services fundamental to all planetary life processes....this art experiment provides a speculative reference for a reckoning of the undervalued and over-exploited work of the biosphere"

TEKS.studio

18.00 - 20.00

<https://metamorf.no/2022/disnovation/>

ART AND CULTURE

Ecophilia Exhibition - Meta.Morf 2022 19 May – 31 July

An exhibition where one can connect with nature, and escape the technological, and "man-induced environmental disasters".

Trøndelag senter for samtidskunst

18.00 - 20.00

<https://metamorf.no/2022/tssk/>

MUSIC AND NIGHTLIFE

Be Kind, Tea Time – Lokal Klubb 27 May

The two Trondheim based DJs Anjani and timmy aka join forces as the duo «Be Kind, Tea Time» and bring you hypnotic beats and esoteric club music all night long at Lokal Klubb.

Lokal Bar – Scene – Klubb, Dronningens

gate 12, 7011 Trondheim

22:00-02:00, free entrance

<https://www.lokal.bar>

MUSIC AND NIGHTLIFE

LAFT (Vinny Villbass & Tomas Järmyr) – Lokal Klubb 28 May

The musical duo LAFT consists of Tomas Järmyr and Vinny Villbass. This night they will explore the crossings between acoustic and electronic elements in dance music and improvisation.

Lokal Bar – Scene – Klubb, Dronningens

gate 12, 7011 Trondheim

22:00-02:00, free entrance

<https://www.lokal.bar>

SPORTS

The Koshas and the Inner Self 18 June

Cameroonian born British citizen Nadine provides a yoga workshop using ancient yogic philosophy and the idea of Koshas (teams), to go deep into exploration of the core of the centre of who we are.

Zenit Yoga

10.00 - 14.00, 550 NOK

<https://www.zenityoga.no>

ART AND CULTURE

KRAFT - Meta.Morf 2022 18 June – 14 August

KRAFT - a wooden sculpture by Øyvind Brandtsegg & Erlend Leirdal, is made to help us fathom whether nature is better understood when seeing our physical and cultural influences within it

Nils Aas Kunstverksted

15.00 - 17.00

<https://www.nilsaas.no>

SPORTS

Backbends and twists workshop 19 June

Join an english held workshop, where Nadine shares her knowledge about the chakra system and puts it in context within the physical yoga postures. Here not only will you promote breath quality & better focus, but also leave with a renewed sense of calm

Zenit Yoga

10.00 - 14.00, 550 NOK

<https://www.zenityoga.no>

SPORTS

Parkour lek/kurs 20 June – 10 July

They'll be toys and rebelliousness! Your kids (ages 8 to 10) will be taught how to climb tree, jump fences, balance and everything in between. With only 11 spots per event! Make sure to sign up <https://billetto.no>

Ilaparken

09.00 - 12.30, FREE

<https://billetto.no>

SPORTS

Trondheim Skate Association 23 June – 26 June

Trondheim Skate Association is celebrating their 25th anniversary

Trikkehallen Skatepark

11:00

<http://www.trikkehallen.no>

MUSIC AND NIGHTLIFE

Tørstere Torsdag 23 June – 30 June

«Tørstere Torsdag» is the weekly DJ-showcase night where local and new DJs get to show off their music to the city!

Lokal Bar – Scene – Klubb, Dronningens

gate 12, 7011 Trondheim

Every Thursday, 22:00 - 01:30, free entrance.

<https://www.lokal.bar>

MUSIC AND NIGHTLIFE

Mannskoret + Ila Blandamannskor 25 June

Two stingy male choirs in one night!

Byscenen

21:00, 355 NOK

<https://byscenen.no>

OUT AND ABOUT

Trondheim Kayak Tour 25 June – 30 August

Best way to experience Trondheim's spring atmosphere is on a Kayak, where you can paddle on your own or with an instructor

Trondheim Kajakk

10:00 & 13:00 & 17:00, Various prices

<https://trdevents.no>

THEATRE

Jimmy Carr - Terribly Funny 27 June

Jimmy's brand new show contains jokes about all kinds of terrible things. Terrible things that might have affected you or people you know and love. But they're just jokes - they are not the terrible things. Having political correctness at a comedy show is like having health and safety at a rodeo. Now you've been warned, buy a ticket.

Olavshallen

19:00, 585 NOK

<https://olavshallen.no>

KIDS AND FAMILY

SIKSAK vev 1 July

One-day workshops with Anne-Kirsti Espenes, where you weave in simple frames. Everything is ready upon arrival, its just about getting started and having some techniques. Everyone brings a packed lunch for lunch break. For Kids from 4th to 10th grade, and must sign up in advance at <https://siksak-vev.hoopla.no>

Verkstedet til Kunsthåndverker Anne-Kirsti

Espenes

09.00 - 14.00, Free but requires signing up

<https://siksak-vev.hoopla.no>

FOOD AND DRINK

Jo Nesbø in Palmehaven 1 July – 2 July

Jo Nesbø returns to Palmehaven in Britannia Hotel this July! Tickets include an aperitif and a 3-course meal. Food, Drinks, and Great Music? Yes. Yes. Yes

Britannia Hotel

19.00, Various prices and offers

<https://britannia.no>

SPORTS

Horseback Riding Course (FOR EVERYONE) 1 July – 10 July

Tove Magnussen is hosting horseback riding course for everyone and anyone that's interested! From the 1st to the 3rd of July the course focuses on theory, whereas from the 8th to the 10th its more practical. Contact Tove at pameldingoginfo@gmail.com or +4793228065 for more registration and more info

Kvikne

09:00 - 18.00, Various prices based on

registration date and age group

<https://allevents.in/trondheim>

KIDS AND FAMILY

SIKSAK vev 7 July

One-day workshops with Anne-Kirsti Espenes, where you weave in simple frames. Everything is ready upon arrival, its just about getting started and having some techniques. Everyone brings a packed lunch for lunch break. For Kids from 4th to 10th grade, and must sign up in advance at <https://siksak-vev.hoopla.no>

Verkstedet til Kunsthåndverker Anne-Kirsti

Espenes

09.00 - 14.00, Free but requires signing up

<https://siksak-vev.hoopla.no>

KIDS AND FAMILY

SIKSAK vev 8 July

One-day workshops with Anne-Kirsti Espenes, where you weave in simple frames. Everything is ready upon arrival, its just about getting started and having some techniques. Everyone brings a packed lunch for lunch break. For Kids from 4th to 10th grade, and must sign up in advance at <https://siksak-vev.hoopla.no>

Verkstedet til Kunsthåndverker Anne-Kirsti

Espenes

09.00 - 14.00, FREE but requires signing up

<https://siksak-vev.hoopla.no>

LISTINGS

KIDS AND FAMILY

Charity Concert - Save a Child Organization

15 July

This concert aims to promote talent among young people and future artists in Trondheim Norway. Free for everyone and it happens every summer in Trondheim city. If you are interested in performing, sign up at www.saveachild.no or send an email to mansoor@saveachild.no

Torte outside Trondheim Torg, Kongens gate, 7013 Trondheim
16:00 - 18:30, FREE
www.saveachild.no

MUSIC AND NIGHTLIFE

Tydalsfestivalen

15 July – 16 July

Tydalsfestivalen 2022- a popular festival with focus on great music, great food, and a fantastic atmosphere, just a drive outside of Trondheim

Stugudal, Stugguvollmovegen 31, 7590 Tydal
13.00, Various prices
<https://www.tydalsfestivalen.no>

MUSIC AND NIGHTLIFE

HEIM Festival 2022

22 July – 23 July

HEIM: home, permanent residence (for family, friends and household). HEIM Festival is Trøndelag's only camp festival, that's just a short boat ride away from Trondheim. This is an event you most definitely do not want to miss!

Sjursvikveien 53, 7112 Hasselvikla
See heimfest.no for more info
<https://www.heimfest.no>

MUSIC AND NIGHTLIFE

Parkliv

22 July – 23 July

Take a road trip to Orkanger and enjoy one of the summers best festivals!

Vannspeilet, Orkanger
Various times and prices
<http://parkliv.no>

FOOD AND DRINK

Sunday's Market

24 July

The Sunday Market at Lager 11 is an indoor market that's open to anyone who'd like to sell used items, clothes, new designs, etc.. Or for those who'd like to shop vintage. Make sure to check out their street food hall while you're at it and enjoy delicious dishes from around the world

Lager 11
13:00, 200 NOK for market space to sell, free entrance for shoppers
lager11.no

ART AND CULTURE

1. Vesper (Olavsfest)

28 July

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
17.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Vandregudstjeneste - Walking Worship Service (Olavsfest)

28 July

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Vår Frue Kirke
21.3
<https://olavsfest.no>

ART AND CULTURE

Olavsvaka (Olavsfest)

28 July

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
23.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Våkenatt i Nidarosdomen - Vigil night in Nidaros Cathedral (Olavsfest)

28 July

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
23.59, FREE
<https://olavsfest.no>

FOOD AND DRINK

The Big International Quiz

28 July

Lager 11 is hosting an international / English quiz in the Streetfood Hall, where not only do you get to enjoy a meal with your friends or loved ones, but also participate in the Quiz League and win prizes!

Lager 11
Register a team of 8 people by sending a mail to scott@lager11.no and receiving more info
<https://lager11.no>

FOOD AND DRINK

A Nordic history & breakfast at Lian, Trondheim

28 July

Welcome to the annual pilgrim breakfast at Lian, just outside of Trondheim, an optional part of the Pilgrimage at Olavsfest

Lian, Trondheim
8
<https://allevents.in/trondheim>

MUSIC AND NIGHTLIFE

Opening Concert: THE STRANGER by Kim André Arnesen (Olavsfest)

28 July

The opening concert for Olavsfest 2022 will be a performance of Kim André Arnesen's "The Stranger", with Together in Hope Choir (US) and the Trondheim soloists.

Nidarosdomen
19.00, Various prices
<https://olavsfest.no>

THEATRE

HÅP. En Kirketårnkonsernt (HOPE. A Church tower concert) - (Olavsfest)

28 July

Six of the city's foremost musicians will perform newly written music by Kristoffer Lo from six of Trondheim's church towers - all at the same time! On the opening day of Olavsfest!

Nidarosdomen
14:00, FREE
olavsfest.no

THEATRE

Olavskino: LIMBO (Olavsfest)

28 July

"Omar is a talented musician who has fled Syria and ended up in an asylum reception center on an island off Scotland. He is alone in a totally foreign world, but has frequent conversations with his parents, who are in Istanbul. The film is categorized as a comedy, but it is a gripping story about how difficult it is to leave everything you love in the hope of living a life of security"

Cinemateket
15.00, 120 NOK
<https://olavsfest.no>

FOOD AND DRINK

Trøndelag Food Festival

28 July – 30 July

Trondheim is quickly establishing itself as one of Northern Europe's most intriguing gastronomic destinations. Here at the Trøndelag Food Festival, food producers, restaurants, fishermen and farmers all gear up offer a vast array of flavours to more than 250 000 foodies of all ages!

Kongens gate 30, 7012 Trondheim (By Trondheim Torg)
Free Entrance
matriketmidt.no

FOOD AND DRINK

Trondheim Brewery Festival

28 July – 30 July

"Whether you're a novice or a nerd - Trondheim Brewery Festival is a knowledge-based festival that has something for everybody. Here we showcase diversity, tradition and new trends in the brewing world."

Kongens gate 30, 7012 Trondheim (By Trondheim Torg)
Free entrance
matriketmidt.no

MUSIC AND NIGHTLIFE

TotsåsRock

28 July – 31 July

TotsåsRock is a completely unique 2-day hard rock / metal festival in the middle of Lierne's best wilderness. In the middle of bears, wolverines, lynxes and trolls, 9 hard-hitting bands will perform their concerts, while the audience enjoys themselves in the large arena at BjønnHove / Sørsetra.

Sørsetra i Lierne
Various Prices
<https://totsaasrock.no>

KIDS AND FAMILY

Gaia i Nidarosdomen - (Olavsfest)

28 July – 3 August

A spectacular work of art "Gaia" by the English artist Like Jerram will be displayed at Nidaros Cathedral during Olavsfest's week, where visitors get to encounter a detailed recreation of the Earth, based on NASA's series of satellite images, "Visible Earth".

Nidarosdomen
See their webpage Olavsfest.no for more info regarding time, FREE
[Olavsfest.no](https://olavsfest.no)

ART AND CULTURE

Laudes (Olavsfest)

29 July

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
07.30, FREE
<https://olavsfest.no>

ART AND CULTURE

Olsohøymesse - Olso High Mass (Olavsfest)

29 July

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
11.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Vesfrontmøtet: HOPE FOR THE STRANGERS (Olavsfest)

29 July

So many people fleeing violence and hardship. Thousands of desperate Ukrainians are dying in the Mediterranean or stuck in the Moria camp on Lesbos, while millions are being welcomed in Europe. 82 million people were already on the run before the Ukraine conflict. Those who are granted residency in a foreign nation are considered outsiders. Is there hope for strangers?

VESTFRONTPLASSEN
13.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Katolsk Messe - Catholic Mass (Olavsfest)

29 July

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
14.30, FREE
<https://olavsfest.no>

ART AND CULTURE

2. Vesper (Olavsfest)

29 July

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
18.00, FREE
<https://olavsfest.no>

LISTINGS

ART AND CULTURE

Kompletorium (Kapittelhuset) - (Olavsfest) 29 July

Worship Services are a central part of the Olsok celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
21.30, FREE
<https://olavsfest.no>

KIDS AND FAMILY

NRK Superbussen (Olavsfest) 29 July

NRK Superbussen is NRK Super's own tour bus, full of fun characters for children of all ages. Hop on the Superbus!

Ytre Kongsgård
12.00 & 15.00, 95 NOK
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Allsang i Borggården (Olavsfest) 29 July

For the third year in a row, Haddy Njje leads an excellent band, a number of guest singers and the audience through a familiar, loving and atmospheric repertoire.

Borggården
20.00, 350 NOK
<https://olavsfest.no>

THEATRE

Olavskino: Flukt (Olavsfest) 29 July

His education and accomplishments have made him a prosperous 36-year-old man. Despite the fact that everything seems wonderful on the surface, Amin has never spoken about his childhood escape from Afghanistan to Denmark. Not even to his future wife-to-be, Kasper, his lifelong sweetheart. He has to tell the truth about what he was told to keep hidden as a youngster if he wants to get his life back on track. An award-winning animated picture with a powerful and beautiful story.

Cinemateket
15.00, 120 NOK
<https://olavsfest.no>

THEATRE

Norwegian Youth Choir and Trondheim Sinfonietta 29 July

The Norwegian Youth Choir and the Trondheim Sinfonietta premiere "Messe pour les raïcines" in Vår Frue Kirke (Our Lady's Church)

Vår Frue Kirke
18.00, 200 NOK
<https://olavsfest.no>

THEATRE

Olavskino: MODDI ALENE (Olavsfest) 29 July

In 2019, Moddi received a very unusual assignment. Olavsfest hired him to go on a pilgrimage from Oslo to Nidaros Cathedral, ie 643 kilometers in 37 days. Along the way, he wrote a number of new songs, in addition to giving some concerts, before ending it all with two full concerts in the pilgrimage destination itself, Nidaros Cathedral. Afterwards, Moddi said that life would never be the same.

Prinsen Kino
18
<https://olavsfest.no>

THEATRE

Kalvskinnsangen by Georg Buljo (Olavsfest) 29 July

The Sami artist and composer Georg Buljo has created the commissioned work "Kalvskinnsangen" - a meditative musical love story from Tukthuset in Nidaros.

Nidarosdomen
22.00, Various Prices
<https://olavsfest.no>

ART AND CULTURE

Pilegrims Worship Service (Olavsfest) 30 July

Worship Services are a central part of the Olsok celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
09.30, FREE
<https://olavsfest.no>

ART AND CULTURE

Orgelmeditasjon (Olavsfest) 30 July

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
13.30, FREE
<https://olavsfest.no>

ART AND CULTURE

Hele dagen: Open Church room in Kapittelhuset (Olavsfest) 30 July

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
08.00, FREE
<https://olavsfest.no>

KIDS AND FAMILY

NRK Superbussen (Olavsfest) 30 July

NRK Superbussen is NRK Super's own tour bus, full of fun characters for children of all ages. Hop on the Superbus!

Ytre Kongsgård
12.00 & 15.00, 95 NOK
<https://olavsfest.no>

KIDS AND FAMILY

Familiemesse - Family Mass (Olavsfest) 30 July

Worship Services are a central part of the Olsok celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
15.00, FREE
<https://olavsfest.no>

KIDS AND FAMILY

Rasmus and The World's Best Summer Show (Olavsfest) 30 July

All children of all ages can finally enjoy Rasmus and the World's Best Summer Show!

Borggården
16.30, Various Prices
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Björk with the Trondheim Soloists 30 July

For the last 30 years, Björk has been one of the world's most influential and groundbreaking musicians. And now we get to see her live this summer!

Festningen
20.00, 835 NOK
<https://olavsfest.no>

THEATRE

Olavskino: The Juniper Tree (Olavsfest) 30 July

Björk plays one of the main roles in this film which is based on a fairy tale by the Brothers Grimm. The plot is set in the Middle Ages, where sisters Margit (Björk) and Katla must escape after their mother has been burned at the stake for witchcraft. Margit has inherited her mother's ability to see what others do not see, but she is afraid to tell others about it.

Cinemateket
15.00, 120 NOK
<https://olavsfest.no>

THEATRE

"Hon var hjärta var som mitt" - "She whose hear was like mine" a Dan Andersson Performance (Olavsfest) 30 July

In "She whose heart was like mine - a musical love story", author Göran Greider takes on the role of narrator, while the two young artists Ellen Sundberg and Johan Airjoki are responsible for the music that reinforces and deepens the story.

Vår Frue Kirke
18.00, 350 NOK
<https://olavsfest.no>

THEATRE

Katta - solo orgel (Olavsfest) 30 July

An organ concert that's completely out of the ordinary especially when Olavsfest presents the Czech organist and composer KATTA!

Nidarosdomen
23.00, Various prices
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Diakonhjemmet: The War in Ukraine Continues - Is there hope? (Olavsfest) 30 July

People have been torn away from their lives, homes, and joys. How do we begin to look for hope?

Trondheim Hovedbiblioteket
11.30, FREE
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Vestfrontmøtet: Hope For Good Health (Olavsfest) 30 July

After learning that all hope has been lost, what kind of hope are we left with? That no treatment helps? That your days on earth are numbered? At the Vestfront meeting, we take on this tough discussion

VESTFRONTPLASSEN
13.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Høymesse (Olavsfest) 31 July

Worship Services are a central part of the Olsok celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
11.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Open Church room in Kapittelhuset 31 July

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
12.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Evening Mass for hope and healing (Olavsfest) 31 July

Worship Services are a central part of the Olsok celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
18.00, FREE
<https://olavsfest.no>

LISTINGS

KIDS AND FAMILY

NRK Superbussen (Olavsfest) 31 July

NRK Superbussen is NRK Super's own tour bus, full of fun characters for children of all ages. Hop on the Superbus!

Ytre Kongsgård
12.00, 95 NOK
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Tord Gustavsen Trio w/ Nils Petter Møvær 31 July

The stage is set when the Word Gustavsen Trio meets trumpeter and style creator Nils Petter Møvær in Nidaros Cathedral

Nidarosdomen
22.00, 450 NOK
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Ine Hoem & Edvard Hoem 31 July

Beautiful tunes and powerful words. The meeting between Edvard Hoem and his daughter, Ine, will not only be a meeting between two of our greatest artists, but also a meeting between father and daughter.

Vår Frue Kirke
18.00, 350 NOK
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Ane Brun 31 July

One of the country's best live artists giving us an intimate and personal evening

Borggården
20.00, 550 NOK
<https://olavsfest.no>

THEATRE

Olavskino: HÅP (Olavsfest) 31 July

The main character Anja, like the director Maria Sjødahl in real life, is told that she has cancer, and that she has only a few months left to live. "Håp; Hope is about what happens to life. Not death. It is life that becomes so present" - Maria Sjødahl

Cinemateket
15.00, 120 NOK
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Diakonhjemmet: Ethnic identity under attack - can writing, reading and dancing provide hope and strength? 31 July

Racism and discrimination are two distinct forms of attack on a person's identity. It can lead to anxiety or depression. Author, conversation therapist and group therapist Synne Sun Løes will share some of the tools she uses to help people who are struggling.

Trondheim Hovedbiblioteket
11.30, FREE
<https://olavsfest.no>

THEATRE

Gudspartikkelen med Svien Tindberg (Olavsfest) 1 August – 2 August

What exactly is the difference between physics' "big bang" and God's "become light"? Belief in science - must one choose? Svein Tindberg and Kjetil Bang-Hansen are back with another performance where they wonder about the theme of believing in something bigger.

Byscenen
18.00, 495 NOK
<https://olavsfest.no>

ART AND CULTURE

Hele dagen: Open Church room in Kapittelhuset 1 August

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
08.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Pilgrimage Worship Service (Olavsfest) 1 August

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
09.30 & 15.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Middagsbønn - Dinner Prayer (Women's Memorial Chapel) - (Olavsfest) 1 August

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
12.05, FREE
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Odd Nordstoga (olavsfest) 1 August

There will be great contrasts for Odd Nordstoga during this year's Olavsfest. On the closing day, he will play for over 10,000 party-minded Trøndelag residents as a guest during Trondheimsnatt with Åge and Sambandet, but the setting will be completely different when he is completely alone in Vår Frue's Church on 1 August.

Vår Frue Kirke
18.00, 450 NOK
<https://olavsfest.no>

THEATRE

Olavskino: MARY MAGDALENE (Olavsfest) 1 August

Most of the films about Jesus are about a group of men, where the women are in the background, but here we meet Mary Magdalene as the main character, a woman who has often been portrayed either as a prostitute or as Jesus' lover. In this film, we meet a Mary who sincerely asks questions about the meaning of life. The film has become a tale of love and forgiveness.

Cinemateket
15.00, 120 NOK
<https://olavsfest.no>

THEATRE

Carola: Maria Magdalena (Olavsfest) 1 August

Presenting a world premiere of "Maria Magdalena", with Carola herself in the lead role!

Borggården
20.00, 495 NOK
<https://olavsfest.no>

THEATRE

Kan Tempest (Olavsfest) 1 August

Kan Tempest has been called "a poet for people who do not read poetry, a rapper for people who do not listen to hip hop". At the same time, there is so much, much more.

Nidarosdomen
22.00, 495 NOK
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Diakonhjemmet: Refugees behind the walls 1 August

Can a march and an open-minded experience be a source of hope and strength?

Trondheim Hovedbiblioteket
11.30, FREE
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Vestfrontmøtet: HOPE FOR TRUE LOVE (Olavsfest) 1 August

Everyone hopes to find the great love. Some are very lucky. Others are very unlucky. While still others are not given the opportunity to live out the love, because it is too shameful or even forbidden. In the book «A happier year», Jonas Gardell tells about a man who had to hide his homosexuality for as long as he lived, but who still wanted to stand out as he really was, 50 years after his death, in a future «where everything has changed».

VESTFRONTPLASSEN
13.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Hele dagen: Open Church room in Kapittelhuset (Olavsfest) 2 August

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
08.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Pilgrimage Worship Service (Olavsfest) 2 August

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
09.30 & 15.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Middagsbønn - Dinner Prayer (Women's Memorial Chapel) - (Olavsfest) 2 August

Worship Services are a central part of the Olso celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
12.05, FREE
<https://olavsfest.no>

ART AND CULTURE

Bridge Builder Award to Mehda Zolfaqari (Olavsfest) 2 August

Norwegian church academies have since 1983 awarded the Bridge Builder Prize. The prize is awarded to a person, organization or institution that in a special way has built bridges of insight and understanding - and stimulated to develop contact and dialogue between different groups in society.

Kirkehaugen
16.00, FREE
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Bjørn Tomren (Olavsfest) 2 August

Expect the unexpected!

Borggården
20.00, 495 NOK
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Future Utopia (Olavsfest) 2 August

Join star producer Fraser T. Smith, who has worked with artist like Adele and Stormzy, this beautiful evening

Vår Frue Kirke
22.00, 325 NOK
<https://olavsfest.no>

LISTINGS

THEATRE

Olavskino: CINEMA PAMEER (Olavsfest) 2 August

A beautiful documentary about a cinema in the center of Kabul in Afghanistan. A place of escape from reality and a place of refuge for all of them has been hit by an infinitely long war. The film is also about everyday life in Kabul in a way that we never get to see in the news reports. It is also about the ability of film and art to make our imaginary world bigger.

Cinemateket
15.00, 120 NOK
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Diakonhjemmet: Source of hope & strength when life dawns (Olavsfest) 2 August

Nursing students asked the following two questions to nearly 400 patients aged 18 to 90 years: Where do you find hope and strength? Where do you go when you need help? Researchers Britt Moene Kuven and Tove Giske analyzed the students' log notes with a reflection on the conversations at the beginning of 2022. The analysis showed that people found hope and strength through relationships, the spiritual, in nature and in themselves. Anita Glittum is a practitioner. As the general manager of a nursing home, it is the resources of the residents she will raise during the event, as she also does in everyday life at Sagenehjemmet, Diakonhjemmet Omsorg. What does a newly trained nursing student think?

Trondheim Hovedbiblioteket
11.30, FREE
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Vestfrontmøtet: HOPE IN TIMES OF WAR (Olavsfest) 2 August

Is there hope for Ukraine? Is there hope for Afghanistan? Is there hope for Syria? Lets reflect together on what hope can be in those areas of our world where everything seems completely hopeless

VESTFRONTPLASSEN
13.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Hele dagen: Open Church room in Kapittelhuset (Olavsfest) 3 August

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
08.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Pilgrimage Worship Service (Olavsfest) 3 August

Worship Services are a central part of the Olsok celebration and Olavsfest. This year's theme for Olavsfest, "Hope", will also be a common thread through the services in Nidaros Cathedral. See more info at <https://olavsfest.no/program/>

Nidarosdomen
09.30 & 14.00, FREE
<https://olavsfest.no>

ART AND CULTURE

Middagsmess - Dinner Mass (Johanneskapellet) - (Olavsfest) 3 August

Worship Service, HOPE is this year's theme. See more info at <https://olavsfest.no/program/>

Nidarosdomen
12.05, FREE
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Trondheim Night with Age and Sambandet (Olavsfest) 3 August

A welcome and wonderful celebration that we are on our way back to a world where we can once again share musical experiences close to the people we love.

FESTNINGEN
18.00, 885 NOK
<https://olavsfest.no>

THEATRE

Olavskino: LIMBO (Olavsfest) 3 August

"Omar is a talented musician who has fled Syria and ended up in an asylum reception center on an island off Scotland. He is alone in a totally foreign world, but has frequent conversations with his parents, who are in Istanbul. The film is categorized as a comedy, but it is a gripping story about how difficult it is to leave everything you love in the hope of living a life of security."

Cinemateket
15.00, 120 NOK
<https://olavsfest.no>

THEATRE

JORDENS SANG by Rolf Gupta (Olavsfest) 3 August

"Song of the Earth" by Rolf Gupta has aroused enormous enthusiasm among both audiences and critics. Trondheim Symphony Orchestra & Opera are among the contributors when the work is performed for the first time in a cathedral during Olavsfest 2022.

Nidarosdomen
18.00, Various prices
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Diakonhjemmet: The world is in a climate crisis - Young people show the way from powerlessness to hope (Olavsfest) 3 August

Climate is one of the most central focus areas for the youth organizations Changemaker and YMCA-YWCA Norway. Instruments to motivate for action are activism, use of humor, simplification and cool methods.

Trondheim Hovedbiblioteket
11.30, FREE
<https://olavsfest.no>

WORKSHOPS AND ONLINE EVENTS

Vestfrontmøtet: HOPE FOR THE FUTURE (Olavsfest) 3 August

A survey of 70,000 Norwegians' quality of life shows that the level of happiness of young adults has fallen markedly in recent years. For the first time in many decades, many young people think that the future will be worse than the past. Pandemics, war, climate and the environment - the challenges are in line, and we have a terribly short time to solve them. Is there hope for the future?

VESTFRONTPLASSEN
13.00, FREE
<https://olavsfest.no>

MUSIC AND NIGHTLIFE

Frøyafestivalen 4 August – 6 August

This festival is held at Sistranda on Frøya annually, where it runs over the course of 2 to 3 days with the participation of top national and international artists

Siholmen, Sistranda
Various times, Various Prices
<https://froyafestivalen.no>

FOOD AND DRINK

Maria Haukaas Mittet and Lars Bremnes 5 August – 6 August

You might remember the two from "Hver gang vi møtes" from 4 years ago? Ofcourse you do! And now your two favourites are back for a magical live show at Palmehaven, while you enjoy an aperitif and a 3 course meal (included in ticket)

Palmehaven, Britannia Hotel
19.00, Various prices and offers
<https://britannia.no>

KIDS AND FAMILY

Family Saturdays at Ranheim Library 6 August

The library opens up it's activity room on the 3rd floor and offers various activities for kids and family: such as, board games, table tennis, gaming, hobby activities and more

Trondheim folkebibliotek, Ranheim
10.00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

Justin Bieber 7 August

Calling out to all the Beliebers
Leangen Travbane
15.00, various prices
<https://www.ticketmaster.no>

SPORTS

Parkour Lek/kurs 8 August – 21 August

They'll be toys and rebelliousness! Your kids (ages 8 to 10) will be taught how to climb tree, jump fences, balance and everything in between. With only 11 spots per event! Make sure to sign up <https://billetto.no>

Ilaparken
09.00 - 12.30, FREE
<https://billetto.no>

MUSIC AND NIGHTLIFE

MANU CHAO ACOUSTIC 10 August

"One hour of his new and old musics played acoustic... voice, guitar and bongos ... Sharing a bunch of songs in a closer way... as postcards to friends ... Words of truth in the River why... Seeds of freedom, Vida Tómbola, Siberie, Mala Vida... Manu does not write his songs. He lives them. He does not write his life. He sings it. Manu does not sleep. He dreams."

Verkstedhallen & Lobbyen
21.00, 415 NOK
Verkstedhallen.no

SPORTS

TENK Tech Camp Trondheim 2022

11 August – 12 August

Technology is not only thrilling and entertaining, but it is also the future's driving force. At TENK Tech Camp girls ages 13 - 18 are invited in hopes of having a role in shaping the tech future.

Jatunheimen E-sport Senter
Visit <https://tenknorge.com/tenk-tech-camp> for signing up and more info
<https://tenknorge.com/>

MUSIC AND NIGHTLIFE

Pat Metheny 12 August

He has been awarded over 20 Grammy Awards in a variety of categories, including Best Rock Instrumental and Best Jazz Instrumental Solo. Pat Metheny does not rest on his laurels. The legend has spent much of his musical life touring and still performs well over 100 concerts annually and is now here in Trondheim! In Olavshallen!

Olavshallen
20.00, 715 NOK
Olavshallen.no

MUSIC AND NIGHTLIFE

Vidar & Valentinernes 12 August

VALENTINERNE (Oslo) played with Joachim «Jokke» Nielsen in the 80s and 90s, and consists of May-Irene Aasen (drums), Petter Pogo (guitar), Håkon Torgersen (bass) and they bring with them Vidar Rugset himself on vocals and guitar. Together they perform Jokke & Valentinernes music in an almost authentic way.

Verkstedhallen & Lobbyen
21.00, 305 NOK
Verkstedhallen.no

FOOD AND DRINK

Silya and The Sailors 12 August – 13 August

Silya and the Sailor return, with magical energy for an extraordinary night! Food included in ticket

Palmehaven, Britannia Hotel
19.00, Various prices and offers
<https://britannia.no>

LISTINGS

SPORTS

Alice in Wonderland Trondheim 13 August

The streets of Trondheim will be transformed into a large outdoor escape-room for one day only! Alice is trapped in Wonderland Trondheim and through solving clues you just might get a chance to save her!

Secret starting location will be revealed 2 weeks prior to the event! stay tuned via Cluedupp.com
anytime between 09.00 - 14.00, 750 NOK (Team ticket, consisting of 6 players)
<https://www.cluedupp.com>

MUSIC AND NIGHTLIFE

Toto - Dogs of Oz Tour 16 August

This is a band that has inspired not just their own generation, but music fans of all ages, both individually and collectively!

Sverresborg Trøndelag Folkemuseum
19.00, 795 NOK
<https://www.livenation.no>

THEATRE

Isbjørnpappaen 18 August

As human beings, we all have a deep instilled desire to belong. Still, some people end up alone. "Isbjørnpappaen" is a strong personal story about a father-daughter relationship and about the fear of loneliness

Trøndelag Teater
19.00, Various prices
Trondelag-teater.no

WORKSHOPS AND ONLINE EVENTS

Everyone Can Contribute To Prevent Suicide 18 August

Based on her new book on suicide prevention, Heidi Hjelmeland will challenge the prevailing "truth regime" in the field and argue that in order to prevent suicide, we must understand more of what suicidality is about for those concerned, in context. At the same time, she wants to show how everyone, both professionals and most people, can help prevent suicide.

Litteraturhuset i Trondheim
19.30, 50 NOK
<https://litteraturhusetitrondheim.no>

THEATRE

Isbjørnpappaen 19 August

As human beings, we all have a deep instilled desire to belong. Still, some people end up alone. "Isbjørnpappaen" is a strong personal story about a father-daughter relationship and about the fear of loneliness

Trøndelag Teater
19.00, various prices
trondelag-teater.no

FOOD AND DRINK

Bertine Zetlitz & Bugge Wesselfoft 19 August – 20 August

Two of Norway's most prominent artists in this century merge into a beautiful duo. Food included in ticket

Palmehaven, Britannia Hotel
19.00, Various prices and offers
<https://britannia.no>

MUSIC AND NIGHTLIFE

Pstereo 2022 19 August – 20 August

Pstereo is one of Central Norway's largest music festivals, renowned as the city's musical, gastronomic, and social arena for experiences, food delight, and entertainment. This year they'll celebrating their 15th anniversary whilst magnificently framed by Trondheim's most stunning surroundings!

Marinen, Bispegata 3, 7013 Trondheim
Various prices
<https://pstereo.no>

THEATRE

Isbjørnpappaen 20 August

As human beings, we all have a deep instilled desire to belong. Still, some people end up alone. "Isbjørnpappaen" is a strong personal story about a father-daughter relationship and about the fear of loneliness

Trøndelag Teater
19.00, Various Prices
Trondelag-teater.no

FOOD AND DRINK

Sunday's Market 21 August

The Sunday Market at Lager 11 is an indoor market that's open to anyone who'd like to sell used items, clothes, new designs, etc.. Or for those who'd like to shop vintage. Make sure to check out their street food hall while you're at it and enjoy delicious dishes from around the world

Lager 11
13.00, 200 NOK for market space to sell items, if you only plan to shop then entrance is free!
Lager11.no

KIDS AND FAMILY

Reading Circle for the youth in August 22 August

Are you between 13-19 years old and love to read? Join the circle and read "It Goes Like This" by Miel Moreland

Trondheim folkebibliotek, Moholt
15.30, FREE
<https://biblioteket.trondheim.kommune.no>

SPORTS

EGIL «DRILLO» OLSEN: SUCCESS WITH REFLECTION. IN CONVERSATION WITH ALFRED FIDJESTØL (INCLUDED IN THE SERIES «GRENSER/BORDERS») 22 August

Characterised through his career and creating political sympathies on the left, with "greater concerns about the rise of neoliberalism than the knee injury of Rune Bratseth"; In tonight's conversation, he looks back on a meaningful life, which does not at all stand and fall with the success on the football field.

Litteraturhuset i Trondheim
19.00, 100-150 NOK
<https://litteraturhusetitrondheim.no>

FOOD AND DRINK

Nor-fishing 23 August – 26 August

A hybrid fair that is arranged both digitally and physically in the halls in Trondheim Spektrum, in tents outside the halls and in the beautiful harbour area Skansen. Here is where you will find a wide range of dining experiences with everything from simple kiosk products to fresh ingredients.

Trondheim Spektrum
Starts 10.00 on all days, Various prices
<https://nor-fishing.no/billetter/>

MUSIC AND NIGHTLIFE

Honningbarna 25 August

With tours in Norway, Germany and Scandinavia, concerts and festivals in the hundreds, the southerners distinguished themselves as a live band out of the ordinary and built a large and dedicated fan base. (Events at Samfundet can be arranged for visitors with mobility and hearing impairments, see their website for more info)

Studenter Samfundet
22.00, 230/290 NOK
Samfundet.no

KIDS AND FAMILY

Kakerlakken med den stygge frakken - The cockroach with the ugly coat 31 August – 9 September

Been the outcast? Or felt the warmth of a new friendship? In this performance, cartoon character come to life and play with the actors on stage

Trøndelag Teater
Various times and prices
<https://www.trondelag-teater.no>

MUSIC AND NIGHTLIFE

Marthe Valle - "Reset" 1 September

With her down-to-earth texts on universal issues and challenges, as well as a unique voice, Marthe Valle is here with her sixth studio album "Tilbakestilling" ("Reset").

Dokkhuset Scene
20.00, Various prices
Dokkhuset.no

MUSIC AND NIGHTLIFE

Blues in Hell 1 September – 4 September

The 31st blues festival which is an annual event over the course of 3 days! The name of the festival alone makes you want to buy a ticket!

StjØrdal, Hell
Various times and prices
<https://bluesinhell.no/>

SPORTS

Spårtsklubben live 2 September

After 2 years of a pandemic, the thriving hungry gang takes the madness to the stage once again. Spårtsklubben comes to Trondheim to entertain us with classics from the program, but also to offer something that has never and will never be shown on TV

Olavshallen
21:30, 510 NOK
Olavshallen.no

MUSIC AND NIGHTLIFE

Festningen Festival 2 September – 3 September

Attend one of Central Norway's largest music festivals to enjoy a crazy line-up of artists all whilst having a great view of the city

Kristiansten Festning
Starts 16:00 on Friday, Starts 15.00 on Saturday, Various prices
festningen.no

MUSIC AND NIGHTLIFE

Sie Gubba 25 år 3 September

The country rockers from Trøndelag have for over 25 years been one of the country's busiest party bands. They have played in every village, town or city across the country. Released 12 albums, several singles, participated in MGP and held 1st place on the VG list with 3 different albums. With its combination of folk, Trøndelag lyrics, driving fiddle playing and all-singing chorus from start to finish, this makes SIE GUBBA a solid entertainment machine that creates a great atmosphere wherever they perform!

Olavshallen
20.00, 590 NOK
Olavshallen.no

ART AND CULTURE

Lunch: Among the books 7 September

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA.

Trondheim Hovedbiblioteket, 2nd floor
12.00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

The Zombies 7 September

The legendary 60's band The Zombies will come to Trondheim in September 2022!

Byscenen
21:00, 405 NOK
Byscenen.no

MUSIC AND NIGHTLIFE

COVER ME - A Tribute to Bruce Springsteen 8 September

"30 songs, 10 musicians, a three-hour energy bomb of a concert, and a deep dive into the career of one of the world's greatest artists and stage personalities."

Byscenen
20:30, 395 NOK
Byscenen

MUSIC AND NIGHTLIFE

Divided Multitude + Pyramaze 8 September

Divided Multitude is here with new songs from their upcoming album "Faceless Aggressor", that's scheduled to be released on the 6th of September, just 2 days before their live performance in Verkstedhallen!

Verkstedhallen & Lobbyen
20.30, 275 NOK
Verkstedhallen.no

LISTINGS

MUSIC AND NIGHTLIFE

Hanne Krogh - Lykken er å la det svinge 9 September

The performance "Happiness is to let it swing" has thrilled both the audience and the critics, who without exception have rolled the dice to sixes and fives. The reviewers describe the show as "a wonderful mix of ugliness and seriousness", "a finger-pointing professional show" and praise Hanne Krogh as an excellent communicator.

Olavshallen
19:00, 645 NOK
Olavshallen.no

KIDS AND FAMILY

Family Saturdays at Ranheim Library 10 September

The library opens up it's activity room on the 3rd floor and offers various activities for kids and family; such as, board games, table tennis, gaming, hobby activities and more

Trondheim folkebibliotek, Ranheim
10:00, FREE
<https://biblioteket.trondheim.kommune.no>

THEATRE

12 gode råd 10 September

Probably more honest, probably cheekier and possibly more fun than ever. Bård Tufte Johansen and Atle Antonsen, both without any troublesome education, share their very best and most practical advice in the stand-up show "12 good tips"! Advice is pouring in from all sides about how you should live your life

Olavshallen
19:00, 600 NOK
Olavshallen.no

THEATRE

12 gode råd 10 September

Probably more honest, probably cheekier and possibly more fun than ever. Bård Tufte Johansen and Atle Antonsen, both without any troublesome education, share their very best and most practical advice in the stand-up show "12 good tips"! Advice is pouring in from all sides about how you should live your life

Olavshallen
21:30, 600 NOK
Olavshallen.no

THEATRE

Havfruen - Mermaid 10 September - 27 September

Who knows what would have occurred had the mirror-shiny water surface that joins the sea and land been breached by a mermaid. The ocean, certainly, but how much do we truly know about what lies under its surface, and how much does she know about our lands that lay above?

Trøndelag Teater
Various times and prices
<https://www.trondelag-teater.no>

FOOD AND DRINK

Sunday's Market 11 September

The Sunday Market at Lager 11 is an indoor market that's open to anyone who'd like to sell used items, clothes, new designs, etc. Or for those who'd like to shop vintage. Make sure to check out their street food hall while you're at it and enjoy delicious dishes from around the world

Lager 11
13:00, 200 NOK for market space to sell, free entrance for shoppers
lager11.no

MUSIC AND NIGHTLIFE

The Rocket Man - A Tribute to Sir Elton John 11 September

The popular show is a tribute to one of the world's greatest and most famous singer-songwriters: Sir Elton John. An energetic live show with piano solos, fantastic light setting and colorful costumes in the spirit of the superstar. A hit parade that takes the audience on a journey that pays tribute to the vocalist, pianist and songwriter's incredible life and career.

Olavshallen
20:00, 575 NOK
Olavshallen.no

KIDS AND FAMILY

Reading circle for the youth in September 12 September

Are you between 13-19 years old and love to read? Join the circle and read "Blackout" by Dhonielle Clayton

Trondheim folkebibliotek, Moholt
15:30, FREE
<https://biblioteket.trondheim.kommune.no>

WORKSHOPS AND ONLINE EVENTS

Sjef i Eget liv - Ingvar Wilhelmsen 13 September

With humor, communication skills and a twinkle in his eye, the professor fills the room with wise words and a good dose of common sense. Ingvar Wilhelmsen gives lectures for full houses around the country and is known as one of Norway's very best speakers. Let 2022 be the year when you became "boss in your own life"!

Olavshallen
19:00, 545 NOK
Olavshallen.no

ART AND CULTURE

Lunch: Among the books 14 September

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELANRAA

Trondheim Hovedbiblioteket, 2nd floor
12:00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

Mikael Wiehe - Den siste turneen 14 September

MIKAEL WIEHE SAYS GOODBYE TO THE AUDIENCE WITH A GREAT TOUR AND NEW ALBUM "A dream we carried on the sea of life / About something big / About something deep / About something boundless and without end" - Mikael Wiehe, On the sea of life (2021)

Olavshallen
20:00, 525 NOK
Olavshallen.no

MUSIC AND NIGHTLIFE

Bohuslän Big Band - 'Poems for Orchestra' 17 September

A unique combination of big bands, Nordic folk music and Japanese music tradition, and this concert night houses artists with, to put it mildly, varied musical backgrounds.

Dokkhuset Scene
20
Dokkhuset.no

THEATRE

Amor Fatigue - Lars Berrum 17 September

Lars Berrum fires off his second solo show Amor Fatigue - a completely normal stand-up show with Nietzsche as the common thread!

Byscenen
21:00, 315 + avg NOK
Byscenen.no

THEATRE

Dr. Bergland - uten grenser 17 September

Norway's funniest doctor - Jonas Kinge Bergland - is ready with a new stand-up show! "Dr. Bergland uten grenser"/ "Dr. Bergland without limits" is his third solo performance, so go and enjoy the show because once he's on stage, there are no limits to how good it can be!

Olavshallen
19:00, Various Prices
Olavshallen.no

ART AND CULTURE

ELLA MARIE HÆTTA ISAKSEN: THEREFORE YOU MUST KNOW THAT I AM SAMI (INCLUDED IN THE SERIES «GRENSER/ BOUNDARIES») 20 September

Through the Alta Action in 1981 and in the years that followed, interest in Sami culture and history grew, and the Sami identity emerged more strongly. But that does not mean that the wounds have healed or that the discrimination has ended, just that it has changed character. These are questions that concern Ella Marie Hætta Isaksen, and which she addresses in the book "Derfor må du vita at jet er Same".

Litteraturhuset i Trondheim
19:00, 100 - 150 NOK
<https://litteraturhusetitrondheim.no>

ART AND CULTURE

Lunch: Among the books 21 September

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12:00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

The Cynics (US) + The Kulta Beats 21 September

"The Cynics are here to stay!" - Chuck Berry. And as for The Kulta Beats, 2022 marks their 20th anniversary with a banging comeback!

Verkstedhallen & Lobbyen
20:30, 275 NOK
Verkstedhallen.no

MUSIC AND NIGHTLIFE

Ida Maria 23 September

Performing tracks from her last EP "Dirty Money", Ida Maria is here to take a strong stand against the unhealthy and unattainable female ideals we have constantly been fed!

Verkstedhallen & Lobbyen
20:30, 305 NOK
Verkstedhallen.no

MUSIC AND NIGHTLIFE

LISSIE 23 September

After four albums, diverse EPs and countless concerts, Lissie still forges the strongest bonds through music, and the connection to Norway is undeniably great

Byscenen
21:00, 485 NOK
Byscenen.no

FOOD AND DRINK

Trondheim Craft Beer Festival 24 September

Trondheim's latest festival addition, with origins from Byhaven Beer Festival, arranged by Gulating Ølutsalg Byhaven in 2019 and 2021. With an increased number of breweries and access to 8 restaurants with street food from around the world.

Lager 11
12:00, 3 different tickets with various prices
<https://gulating.hoopla.no>

MUSIC AND NIGHTLIFE

Trondheim Tribute Festival 24 September

A year after the Oslo Tribute Festival had opened with a bang at Rockefeller, the rock party comes through to Trøndelag. Here Norwegian and European Tribute bands will take over Byscenen in Trondheim to pay tribute to rock icons such as Van Halen, Iron Maiden and Mötley Crüe!

Byscenen
19:00, 560 NOK
Byscenen.no

LISTINGS

THEATRE

Markens Grøde

24 September – 8 October

Populism is on the rise. A climate crisis threatens. Hamsun's famous novel sheds surprising light on the contemporary war theme.

Trøndelag Teater
Various times and prices
<https://www.trondelag-teater.no>

MUSIC AND NIGHTLIFE

Dr. Hook starring Dennis Locorriere

27 September

The legendary band Dr. Hook is back, with Dennis Locorriere, the voice and the originator of several of the most famous songs. Last time Dr. Hook was in town, there were sold out gigs and storming cheers everywhere!

Olavshallen
19:00, 630 NOK
[Olavshallen.no](https://www.olavshallen.no)

WORKSHOPS AND ONLINE EVENTS

Debate: The Deadly Blind Zone of Trucks

27 September

The problem of blind spots and traffic has existed for many years, but large heavy trucks still ply the country's many city centres. Does it have to be that way? The House of Literature invites you to a debate on the legal blind spots of trucks

Litteraturhuset i Trondheim
19:30, 50 NOK
<https://litteraturhuset.trondheim.no>

ART AND CULTURE

Lunch: Among the books

28 September

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12:00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

Klypa

29 September

Though they've had a very involuntary break in their touring life, they're now back and striking in full force

Byscenen
21:00, 495 NOK
[Byscenen.no](https://www.byscenen.no)

MUSIC AND NIGHTLIFE

U.D.O

30 September

U.D.O. returns after more than 40 years in the service of the metal and legend status as frontman in one of the 80's biggest hard rock band ACCEPT. With a return to Trondheim to set the audience on fire again

Byscenen
21:00, 430 NOK
[Byscenen.no](https://www.byscenen.no)

MUSIC AND NIGHTLIFE

Jonas Fjeld i 70 sonen

30 September

Jonas Fjeld is an artist who, thanks to his long career, is more versatile than many others can dream of becoming. He started as a juggler rocker in the crazy band Jonas Fjeld Rock 'n' Rolf Band, continued with serious funk recorded in the US, made country record in Nashville, backed countless Norwegian artists on record, made a comeback as a solo artist with country-inspired folk rock, played American folk music with Rick Danko from The Band and Eric Andersen, collaborated with Vice King Ole Paus and rock poet Henning Kvitnes, threw himself into bluegrass with Chatham County Line, and recently topped with legendary Judy Collins. He has also recently done reunion concerts with Jonas Fjeld Band, which was a leader in Norwegian rock in the 80s with two Spellemann awards. All this only emphasizes that this is an artist who is not afraid to look back before he takes new steps forward. Should such an experienced and versatile artist give up when he passes 70? No! There is no retirement age for an artist. The artist must continue. And so does Jonas Fjeld.

Olavshallen
19:00, 615 NOK
[Olavshallen.no](https://www.olavshallen.no)

THEATRE

Bjarte Tjøstheim

30 September

How can you make a living from being a comedian and betraying yourself - when at heart you are anxious by nature? Radio presenter, comedian and actor Bjarte Tjøstheim makes her theater debut with a personal and self-ironic performance about living with fear for the most part.

Olavshallen
18:30, 500 NOK
[Olavshallen.no](https://www.olavshallen.no)

THEATRE

Erlend Osnes - Kjæreleik

1 October

"Kjæreleik" is his 3rd stand-up show and this time it is about love that is to be joked about. Love ranges from red roses on a date to an argument about a toaster during a break-up, from cohabitation to discrimination and love for oneself and for others.

Olavshallen
19:00, 435 NOK
[Olavshallen.no](https://www.olavshallen.no)

MUSIC AND NIGHTLIFE

LOVESHACK

1 October

Love 80's hits from all over the world will be served at Byscenen's stage

Byscenen
22:00, 425 NOK
[Byscenen.no](https://www.byscenen.no)

MUSIC AND NIGHTLIFE

Deep Purple

1 October

After over 50 years, one of the hard rock pioneers, Deep Purple, still has the magic intact

Trondheim Spektrum
19:30, Prices from 895 NOK
<https://trondheimspektrum.no>

KIDS AND FAMILY

The Magic of Alexx Alexander

2 October

Experience an evening in the sign of magic and let yourself be seduced by illusions and showmanship when Alexx Alexander shows you why he has been named one of the world's foremost illusionists

Olavshallen
18:00, 395/495 NOK
[Olavshallen.no](https://www.olavshallen.no)

ART AND CULTURE

Lunch: Among the books

5 October

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12:00, FREE
<https://biblioteket.trondheim.kommune.no>

FOOD AND DRINK

Trondheim Octoberfest

7 October

Music to create the right October Fest atmosphere, and endless tables and benches in the street food hall to enjoy plenty of good food and drinks while you're there

Lager 11
16:00, 100 NOK
<https://sluppenveien11.hoopla.no>

FOOD AND DRINK

Trondheim Octoberfest

8 October

In our opinion, good food and drinks must always be accompanied with great live music!

Lager 11
16:00, 100 NOK
<https://sluppenveien11.hoopla.no>

KIDS AND FAMILY

Family Saturdays at Ranheim Library

8 October

The library opens up its activity room on the 3rd floor and offers various activities for kids and family; such as, board games, table tennis, gaming, hobby activities and more

Trondheim folkebibliotek, Ranheim
10:00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

SKAMBANKT

8 October

Making a return to the magnificent and energetic rock they've become so acquainted with.

Byscenen
21:00, 390 NOK
[Byscenen.no](https://www.byscenen.no)

KIDS AND FAMILY

Reading circle for the youth in October

10 October

Are you between 13-19 years old and love to read? Join the circle and read "The Cruel Prince" by Holly Black

Trondheim folkebibliotek, Moholt
15:30, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

Brit Floyd - World Tour 2022

10 October

Welcome to a new round of the world's very best tribute to Pink Floyd, Brit Floyd!

Olavshallen
20:00, 645 NOK
[Olavshallen.no](https://www.olavshallen.no)

ART AND CULTURE

Lunch: Among the books

12 October

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12:00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

Bjørnov & Sunde

12 October

Welcome to an inspired collaboration and a thunderous musical evening.

Olavshallen
19:00, 525 NOK
[Olavshallen.no](https://www.olavshallen.no)

THEATRE

Cats The Musical

13 October – 14 October

We are proud to announce that Andrew Lloyd Webber's successful musical CATS, one of the most beloved musicals of all time, will come to Trondheim Spektrum in mid-October 2022. Norwegian Ina Wroldsen plays the lead role Grizabella.

Trondheim Spektrum
19:30, Prices from 650 NOK
<https://trondheimspektrum.no>

MUSIC AND NIGHTLIFE

iRIS

14 October

Vilde Iris Hartveit Kolltveit, known under the artist name iRIS, creates exquisite electro-pop that is described as soft and honest, and where the deep feelings are reflected in her warm, minimalist songs.

Studenter Samfundet
22:00, 240/290 NOK
[Samfundet.no](https://www.samfundet.no)

THEATRE

Så som i himmelen

14 October

The heartwarming film that made the whole of Norway and Sweden laugh and cry, has become an acclaimed musical, and is now being staged at Oslo Nye Teater.

Olavshallen
19:30, 820 NOK
[Olavshallen.no](https://www.olavshallen.no)

LISTINGS

MUSIC AND NIGHTLIFE

Arabs In Aspic + The Flying Norsemen

15 October

A power quintet from Trondheim with their musical roots well planted in 70s rock & prog, and a guitar based band consisting of five former ski jumpers who all have roots from Trøndelag. What else is there to say?

Verkstedhallen & Lobbyen
20.30, 325 NOK
Verkstedhallen.no

MUSIC AND NIGHTLIFE

Erlend Ropstad

15 October

Heard any rumours about his energetic concerts at both concert stages and festivals? And how he could make 200 people cheering sound like 2000? Come experience it for yourself

Byscenen
21.00, 405 NOK
Byscenen.no

THEATRE

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Olavshallen
16.00, 820 NOK
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THEATRE

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Trondheim Spektrum
15.00 & 20.00, Prices from 650 NOK
https://trondheimspektrum.no

ART AND CULTURE

MARTHA ANTONETTE SOLLI: BOYS TO THE WORLD (INCLUDED IN THE SERIES «GRENSER/ BORDERS»)

17 October

At the House of Literature in Trondheim, Martha will talk about how distrust of the government and the media, conspiracy and alternative truths suddenly began to come closer to her, and how this was a triggering factor for what became a 4-episode documentary series on NRK.

Litteraturhuset i Trondheim
19.00, 75 - 100 NOK
https://litteraturhusettrondheim.no

MUSIC AND NIGHTLIFE

"I'm Glad There Is You!" - Heidi Skjerve & Daniel Formo med venner

17 October

Jazz vocalist Heidi Skjerve and pianist Daniel Formo have shared sunny days and rainy days, laundry, renovation projects and child rearing for many years, but this is the first time they have recorded a record together.

Dokkhuset Scene
20.00, 120/220 NOK
Dokkhuset.no

ART AND CULTURE

Lunch: Among the books

19 October

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12.00, FREE
https://biblioteket.trondheim.kommune.no

MUSIC AND NIGHTLIFE

The Bonneville (N-IR)

20 October

The Bonneville are a no-frills guitar-and-drums two-piece from Northern Ireland who play hard-hitting roots music they call "garage punk blues." And just as they've shaken Northern Ireland, they're here to shake Trondheim

Verkstedhallen & Lobbyen
20.30, 220 NOK
verkstedhallen.no

MUSIC AND NIGHTLIFE

Ultraflex

20 October

Trondheim Konsertkollektiv presents Ultraflex at Tyven! Ultraflex is the collaboration between Norwegian Pharaoh and Icelandic Special-K. In 2020, they released their debut album "Visions of Ultraflex", which won both the Icelandic Music Awards for Best Electronic Album and the Kraumur Awards for Best Album in addition to a number of other nominations.

TYVEN
19.00, Various prices
https://www.tyventrondheim.no

THEATRE

Ingebjørg Bratland - El GANSKE SANN HISTORIE (A Very True Story)

20 October

A fairly true story is a concert performance that deals with Ingebjørg Bratland's journey from then to now. She takes a stand against her image and perceptions from people and fairies in a musical and entertaining package.

Byscenen
21.00, 530 NOK
Byscenen.no

MUSIC AND NIGHTLIFE

Astrid S

21 October – 22 October

Astrid S had made a name for herself early in her career as an upcoming star and by the age of 19, she had already collaborated with artists like Shawn Mendes. With her new single "Marilyn Monroe", which has already made it to the 7th place on the VG list, we look forward to having Astrid S deliver a beautiful night at Samfundet! (Events at Samfundet can be arranged for visitors with mobility and hearing impairments. See their website for more info)

Studenter Samfundet
22.00, 340/400 NOK
Samfundet.no

MUSIC AND NIGHTLIFE

Tre Små Kinesere - (Three Little Chinese)

21 October

Reluctant to need any further introduction, with almost 40 years of concerts, nominations and awards (including Spellemannspriser), they're here to be just a 'little' extra

Byscenen
21.00, 405 NOK
Byscenen.no

MUSIC AND NIGHTLIFE

Sonata Arctica + Eleine

22 October

After two previously sold-out concerts at Byscenen, Finnish Sonata Arctica returns to Trondheim, but this time for a unique, acoustic concert.

Byscenen
20.00, 530 NOK
Byscenen.no

MUSIC AND NIGHTLIFE

Los Plantronics + support

22 October

A swinging mix of Swamp RnB, garage-soul-boogaloo, rockabilly and general mariachi madness with fantastic musical contributions from musicians such as Bendik Brænne and Eivind Staxrud

Verkstedhallen & Lobbyen
20.30, 315 NOK
Verkstedhallen.no

MUSIC AND NIGHTLIFE

Henning Kvitnes & Trygve Skaug

23 October

Despite a generation in between, they have over time found a common point of view and values, and give each other energy and inspiration. Therefore, they have also written some new songs together for the tour.

Olavshallen
19.30, 550 NOK
Olavshallen.no

SPORTS

Ju Jitsu Klubb

23 October – 25 October

Trondheim Ju Jitsu Klubb celebrates it's 40th anniversary this october, make sure to drop by with your kids, or a friend, or family!

Trondheim Ju Jitsu Klubb - (located in Dora)
20.00 - 15.30,
http://trondheimjujitsu.no

WORKSHOPS AND ONLINE EVENTS

Norsk kvinnehistorie på 90 minutter

24 October

Finally, Norwegian women will be at the center of Norwegian history. There are probably men who dominate the history books, and who get streets and places named after them. Here is Norway's history from the women's perspective!

Olavshallen
19.00, Various Prices
Olavshallen.no

ART AND CULTURE

Lunch: Among the books

26 October

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12.00, FREE
https://biblioteket.trondheim.kommune.no

MUSIC AND NIGHTLIFE

Halvdan Sivertsen med band

26 October

Halvdan Sivertsen is one of the warmest and funniest people in the Norwegian public, and after half a century as an artist, he still has a lot on his mind. He is still concerned about our poor planet, and is still passionate about love, friendship and those who need us. A tribute to life, love and juicy northern Norwegian humor!

Olavshallen
20.00, 605 NOK
Olavshallen.no

WORKSHOPS AND ONLINE EVENTS

Jan-Erik Smilden: When The Sultan In Istanbul Saved The Jews of Spain

26 October

Smilden nuances the picture of the Ottomans, and tells the story of how the Ottoman Sultan Bayezit II gave collective asylum to the Jews who were expelled from Spain by the Catholics in 1492

Litteraturhuset i Trondheim
19.30, 50 - 100 NOK
https://litteraturhusettrondheim.no

MUSIC AND NIGHTLIFE

Ramón

27 October

23-year-old Ramón has already made a name for himself. Three EPs and a series of impressive concerts have shown that 120,000 followers on social media have not come by chance

Byscenen
21.00, 330 NOK
Byscenen.no

LISTINGS

WORKSHOPS AND ONLINE EVENTS

Is MDMA changing the treatment of PTSD?

27 October

Recent studies show that MDMA-assisted therapy is a safe and effective treatment for post-traumatic stress disorder. Tor-Morten Kvam a psychiatrist at Østfold Hospital and a PhD candidate at the University of Oslo is a therapist in the first European study with MDMA-assisted therapy against PTSD

Litteraturhuset i Trondheim
19.30, 75 NOK
<https://litteraturhusettrondheim.no>

MUSIC AND NIGHTLIFE

Linni - Lokal Klubb

28 October

Jonas Grieg aka LINNI is one of the most unique and productive artists we have in this country. Last year he released three albums: Soga, Matriks and Nightridah. The latter has been nominated for Spellemann for best hip hop album, trust and believe this is not an artist you want to miss!

Lokal Bar Scene Klubb
20.00, 300 NOK (Students 250 NOK)
<https://www.lokal.bar>

FOOD AND DRINK

Sunday's Market

30 October

The Sunday Market at Lager 11 is an indoor market that's open to anyone who'd like to sell used items, clothes, new designs, etc.. Or for those who'd like to shop vintage. Make sure to check out their street food hall while you're at it and enjoy delicious dishes from around the world

Lager 11
13.00, 200 NOK for market space to sell, free entrance for shoppers
lager11.no

ART AND CULTURE

Lunch: Among the books

2 November

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12.00, FREE
<https://biblioteket.trondheim.kommune.no>

WORKSHOPS AND ONLINE EVENTS

Wood Carving Courses: Dragon Style

4 November – 6 November

Rune Helen offers a course in wood carving, where the focus is on the "Dragon Style" within Norwegian wood carving - drawing inspiration from the Viking Age

Osvegen 60, 7054 Randheim i Trondheim
Friday 18:00 - 22:00, Sat. & Sunday 09:00 - 17:00, 3950 NOK (including lunch on Saturday and Sunday)
www.dragestil.com

ART AND CULTURE

Lunch: Among the books

9 November

We present tastings and reading tips from our large collection! Come and sit down for a while and have lunch with literary refreshments. Feel free to bring a packed lunch or buy coffee or something sweet from the library's café ISAK SELLANRAA

Trondheim Hovedbiblioteket, 2nd Floor
12.00, FREE
<https://biblioteket.trondheim.kommune.no>

FOOD AND DRINK

Eat Glass Festival - A Glass Festival

11 November – 12 November

Norway's rawest festival is finally coming to Trondheim. Eat Glass Festival is a wine, beer and spirits festival that gives you the opportunity to taste countless wine, drinks and dishes - all whilst being entertained by amazing artists and DJs

Trondheim Spektrum
Various Times with Various Prices
<https://trondheimspektrum.no>

KIDS AND FAMILY

Reading circle for the youth in November

14 November

Are you between 13-19 years old and love to read? Join the circle and read "Loveless" by Alice Oseman

Trondheim folkebibliotek, Moholt
15.30, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

DEAD BY APRIL + Support: Chontaraz

19 November

With over 250 million streams on Spotify, 70 million streams on youtube, several platinum and gold and Grammy awards, Dead By April is one of Sweden's largest exports of electronic rock in modern times.

Byscenen
21.00, 415 NOK
Byscenen.no

KIDS AND FAMILY

Family Saturdays at Ranheim Library

26 November

The library opens up its activity room on the 3rd floor and offers various activities for kids and family; such as, board games, table tennis, gaming, hobby activities and more

Trondheim folkebibliotek, Ranheim
10.00, FREE
<https://biblioteket.trondheim.kommune.no>

THEATRE

Tusk & Tønne - 10 years

28 November – 30 November

Tusvik & Tønne turns 10 years old. "Sister of Julius" and "The people-financed asshole", better known as the ugly twins or Lammeffes and Fjordingen, (the dear child and an adopted child have many names), aim to fill Byscenen with 10 years of jokes and nonsense for their loyal fans.

Byscenen
18.30, SOLD-OUT
Byscenen.no

MUSIC AND NIGHTLIFE

BEIST

2 December

BEIST is a pink party monster from the heart of the farmland. Called out in the beard town of Trondheim itself and consisting of village fools from all corners of the county, BEIST harvests the magical powers of gray stone and potatoes to make catchy village pop.

Byscenen
21.00, 495 NOK
Byscenen.no

MUSIC AND NIGHTLIFE

Age Sten Nilsen & Ensemble - The Show Must Go On

3 December

The Show Must Go - an exclusive arena tribute to Queen in Trondheim! Hello? What are you waiting for? Get your ticket today!

Trondheim Spektrum
20.00, Various Prices
<https://trondheimspektrum.no>

MUSIC AND NIGHTLIFE

TIËSTO: with very special guest - Matoma

8 December

Honestly, the name of the event says it all

Trondheim Spektrum
19.00, Prices from 735 NOK
<https://trondheimspektrum.no>

KIDS AND FAMILY

Family Saturdays at Ranheim Library

10 December

The library opens up its activity room on the 3rd floor and offers various activities for kids and family; such as, board games, table tennis, gaming, hobby activities and more

Trondheim folkebibliotek, Ranheim
10.00, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

The Great Christmas Party VIII

10 December

An alternative Christmas Eve for pop and rock lovers

Byscenen
21.00, 380 NOK
Byscenen.no

FOOD AND DRINK

Sunday's Market

11 December

The Sunday Market at Lager 11 is an indoor market that's open to anyone who'd like to sell used items, clothes, new designs, etc.. Or for those who'd like to shop vintage. Make sure to check out their street food hall while you're at it and enjoy delicious dishes from around the world

Lager 11
13.00, 200 NOK for marker space to sell, free entrance for shoppers
lager11.no

KIDS AND FAMILY

Reading circle for the youth in December

12 December

Are you between 13-19 years old and love to read? Join the circle and read "The Firekeeper's Daughter" by Angeline Boulley

Trondheim folkebibliotek, Moholt
15.30, FREE
<https://biblioteket.trondheim.kommune.no>

MUSIC AND NIGHTLIFE

Silya & the Bad Santas

15 December

A Christmas show with bands, winds and anchors & sails being replace with glitter & snow to get you in the right Christmas spirit

Byscenen
20.30, 485 NOK
Byscenen.no

MUSIC AND NIGHTLIFE

BIGBANG (+Evig Ferie)

16 December

The Christmas season is about traditions and for many, the Advent concert with Bigbang must be in place before Christmas begins.

Byscenen
21.00, 485 NOK
Byscenen.no

IN THIS ISSUE

Food & Drink

MAP



1. To Rom og Kjøkken 2. E.C.Dahls 3. Habitat 4. DIGS 5. Rosendal Kafé



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.



To Rom og Kjøkken

ROAR HILDONEN AND Alexander Skjefte – both with great passion for food and drink – To Rom og Kjøkken

LOCATION
Carl Johans gate 5, 7010 Trondheim

CONTACT
73 56 89 00

HOURS
Monday – Saturday 5pm to 12am

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 utilizes 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 – always on the menu.



Habitat

HABITAT IS TRONDHEIM'S greenest oasis for experimental craft brew and delicious pizza. Their 24 taps are consistently pouring the best selection of craft brew,

cider, and kombucha, from Norway and abroad. Habitat is especially proud of their collaboration by Monkey Brew, who concoct all kinds of awesomeness at their Nyhavna

brewery. The restaurant has five cozy rooms, with all sorts of seating from booths to bar stools. Habitat's pizza bases are sourdough, the toppings fresh, and the oven hot! 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 favourite Habitat!

LOCATION

Olav Tryggvasons gate 30

CONTACT

f habitattrondheim

HOURS

Monday – Thursday 15:00 – 23:30
Friday – Saturday
13:00 – 02:30



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



Rosendal Kafé

LOCATION

Innherredsveien 73, 7068
Trondheim

CONTACT

929 89 544
kari@rosendalteater.no
f Rosendal Kafe

HOURS

Wednesday 17:00-23:00
Thursday 17:00-24:00
Friday-Saturday 17:00-01:00
Sunday 17:00-22:00

A HUB. A PLACE OF ORIGIN. A nice place to eat, hang out and meet. You should try out the signature dish "Rosendalburger'n" which is a feast for the eyes and stomach!

ADVERTISEMENT

HK REKLAMBYRÅ FOTO: ELISABETH ANSTENSEN

*Hei sommer.
I'm back.*

Trondheim
torg