

# THE LIST

TRONDHEIM  
2022/VOL.3

FREE

WINTER  
ISSUE  
+XMAS GUIDE



MUSEUM MAP ❄️ TRONDHEIM'S OLDEST 'LIVING' RESIDENT ❄️ CHRISTMAS CITY ❄️ 120 EVENT LISTINGS



Foto Åge Hojem/NTNU

# EXPERIENCE THE **MEDIEVAL AGE**

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IN THIS ISSUE

# LETTER FROM THE EDITOR



Már Mátsson Maack  
Editor-in-chief

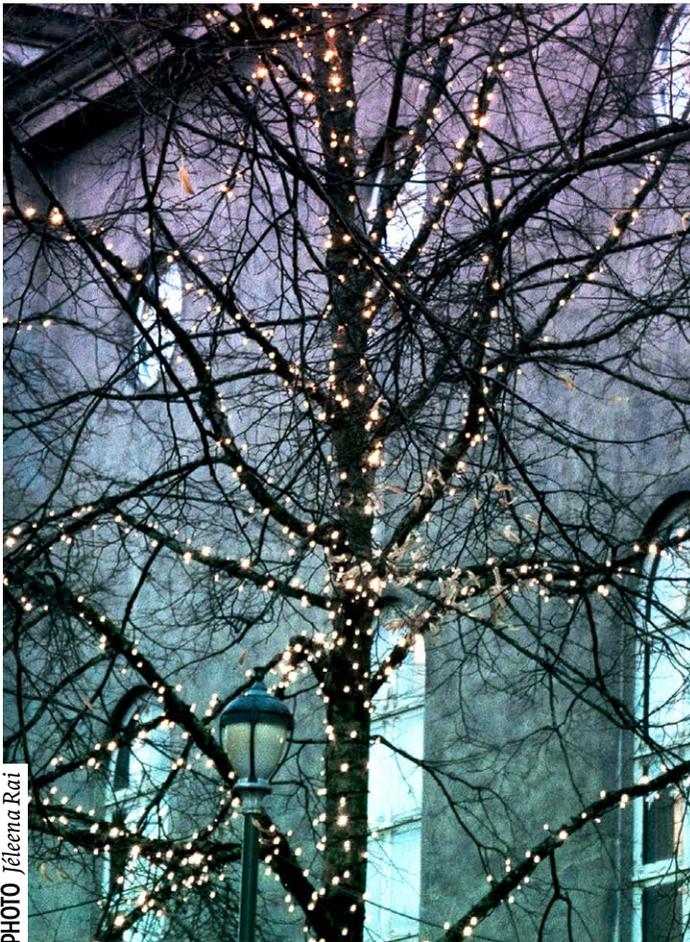


PHOTO Jéleena Rai

## Greetings readers!

Winter is here... and we're loving it. After spending the last 7 years in the tepid grey 'winters' of Amsterdam and Brussels, I couldn't be more excited to be introduced to a real winter again — a winter with character. The stale unbroken rainy greyness is now replaced with the bright winter sun and jarringly fresh air. And when the snow falls, it lights up the city with its otherworldly charm.

Winter is also the season of darkness, though... but that's what excites us! And it isn't just because all of us on the team are grubby little goblins at heart (although we are). It's because of what the shorter days do for the city. Sure, wintry nights are ideal for perfecting the Norwegian art of kose seg, like bingeing Netflix and knitting mittens while curled up on the couch. There is serenity in darkness which gives you space to reflect and simply be. But the darkness is also a creative force that unleashes life.

The city is full again, bursting with the energy of students, artists, and other amazing people. In the winter, an incredible array of events spring up all over the region, each with their unique community and atmosphere. Students party into the long hours of the morning, cinemas are full of excited cinephiles, and concerts invigorate crowds with energetic tunes. When you attend an event in the dark, you lose all sense of time and feel like the rest of the world melts away. There is nothing, except for this exact moment, this exact group of people, this tiny bright spot in a landscape of pitch-black winter darkness. It's a thrilling sensation.

And that's a big part of why we make The List. In addition to working on inclusion, showcasing cool initiatives from Trøndelag, and connecting the international population to the local community — we want to show everyone the sheer number of events that are happening. All the wonderful people featured in this issue have in common that they opened themselves up to new opportunities. Attending open-mic poetry nights, saying yes to weird jobs, and having the guts to mix chess and raves.

You're in for a treat dear reader, and who knows, maybe you'll be inspired to say 'yes' and open yourself up to the opportunities all around you.

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**Giorgia Rota** is an exchange student in Trondheim. Originally from Italy, she is about to graduate with a BA in Arts and Culture Studies from the Erasmus University Rotterdam. As a curious spirit, she has been exploring all that Trondheim has to offer. You'll most likely find her navigating the dusty shelves of second-hand bookstores looking for the next reading adventure. She is very passionate about art and how it intertwines with publishing and design. Oh, and she always loves a good laugh.



**Saranya S.** moved to Trondheim six months ago. Saranya is a textile designer by profession and has a keen interest in hand-crafted products. She also enjoys drawing and painting! You can see some of my creative experiments on @print\_o\_print



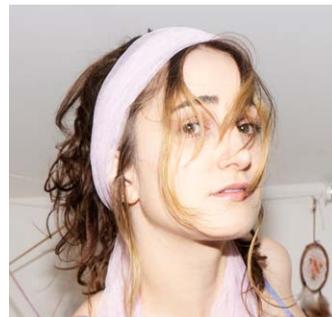
**Ana Cassigneul** is originally from France and now teaches yoga in Trondheim (@kundalinitrondheim). She has a PhD in agricultural and environmental sciences, and experience in network coordination and journalism. Together with the organization Stammen Fellesstue, she plans events to contribute to an inclusive, creative, and sustainable society. She loves cold baths, discoveries, and being in nature.



**Jéleena Rai**, originally from Toronto, Canada, is the Photography Editor for The List. 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.



**Marjan Poursharifi** is an Iranian artist living in Trondheim. With a degree in Graphic Design from the Art University of Tehran, her artistic work includes illustrating children's books and short prose writing. Her first poetry book was published in Iran, and her poems have been featured in newspapers, magazines, and two anthologies of Iranian poetry. Marjan's books *A bird lies within me* and *Through forties* have been published in Norway in Farsi. Now she's working on a series of paintings under the title "Woman.Life. Freedom" to support demonstrations in Iran.



**Emma Thomlison** is The List's UX and social media fairy of the primordial void, using whatever medium at her avail to birth various magics. She can be found in the forests of reality designing, illustrating, and writing.



**Martha Skogen** is a lifelong creator who originally comes from the USA. Depending on the day, she is a poet, artist, ceramicist, designer, researcher, student, teacher, thinker, observer... etc. She is passionate about creativity, diversity, and inclusivity. She loves being in remote, quiet forests and getting as lost as possible. Her favourite season is winter — it gives us permission to slowly calm down, rest, and go inside ourselves. She always keeps a pencil and notepad with her, just in case a poem decides to write itself. It happens often.



**David Omdal Skarbø** is The List's partnerships pro. He has a great interest in communications, different cultures, and new ideas. He's at his best when he can utilize his creativity. Get in touch with him for cool partnership opportunities!

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CONTRIBUTOR ARTICLE

# MY TIME IN THE AFTERLIFE

Words

*Ana Cassigneul*

Photos

*Jéleena Rai &**Ana Cassigneul*

Ana Cassigneul is a French yoga teacher and a science & communication enthusiast. She reflects on her unique first encounter with Trondheim; through the city's cemeteries.

When the woman at the temp agency told me this, I didn't quite understand what she meant as this was my first interview in Norwegian. But I understood enough to know I had to take it. Finding your first job in Norway is no easy task, so I immediately said "yes" with a big smile.

Two months after the interview, I found myself standing in the middle of an unknown cemetery with heavy safety shoes on my feet, gardening

gloves on my hands, and a confused look on my face as I tried to find my way around. Blomsterdame literally means 'flower lady' and my main task was to take care of the flowers planted on behalf of the families or relatives who paid for the service.

During my first days as a blomsterdame, I noticed how different Norwegian cemeteries were from the ones I knew before. In Norway, they are very green and full of life with trees

and grass, and tombstones are simple and often have planted flowers. You feel connected to nature when you visit, which I hadn't experienced in French cemeteries, as the ones I knew had bigger monuments made of stone and gravel-covered ground.

After planting flowers, my duties were to water them, remove weeds and wilted flowers, and mow the grass around tombstones. Every week, I visited the same gravestones and through this soothing repetition, I began to reflect on what I saw around me.

Above the ground, I saw the flowers blossoming, the grass growing faster as the amount of daylight increased, and the bees foraging. I saw earthworms, beetles, and mischievous birds.

I saw people walking their dogs, cycling to work, coming back from school, and walking their children in strollers.

I also saw a widow basking peacefully in the sun for an afternoon, sitting next to her husband's grave. A grown daughter visited her father's final resting place while a young family with a toddler stood by their lost child's tombstone. A widower listened to audiobooks on his favourite bench, close to his wife's ashes.

“OK... SO WE HAVE ONLY ONE POSITION THAT WOULD FIT YOU. IT'S BEING BLOMSTERDAME AT THE CEMETERY, DO YOU WANT IT?”



As I worked, my attention was often drawn to the tokens of love displayed on the graves. Drawings, candles, small figurines, and hearts made of Perler beads. I also travelled to the past during my flower rounds. Norway's history is marked by the second world war and this is visible in monuments raised in memory of Jewish people who were killed, or those honouring soldiers who died in action or in prison in Norway. Some were from countries that now have other names, and as I swept the monuments, I wondered if their families know they were here in Trondheim.

**THE SADNESS OF LOSS, THE TENDERNESS OF REMEMBRANCE, AND THE DARKNESS OF HISTORY WERE PRESENT IN EVERY CEMETERY I WORKED. BUT SO WAS THE PRESENCE OF LIFE MOVING FORWARD, THROUGH THE RHYTHM OF NATURE AND THE CADENCE OF PEOPLE'S DAILY ACTIVITIES.**

**My mind also travelled underneath the surface**, to people's last resting place. I thought of the ground as nothing but silence — but that soon changed. I heard the water of rain running down through the earth. I

distinguished the caress of tree flowers and pollen blown by the wind across the ground. I heard the soft hops of birds, their incessant dance, and songs, together with the hurried strides of squirrels and deer.

In the summertime, I saw the marks of bird pecks in the pine cones that had fallen on the ground. I felt the sound of thousands of mushroom hyphae browsing the soil to finally show their fruits above the surface. Some were edible and picked by people passing by, while others huddled around their favourite tombstones and trees.

In autumn, a blanket of pine needles and dead leaves began to form, protecting the earth from heavy raindrops. Then comes the white expanse of snow, muffling the sounds and ushering in a time of rest.

The silence I imagined is finally there, in the wintertime. I used to think of the silence of death as scary, but what I perceived from above and below the ground led me to the same conclusion. In a cemetery, even if silence reigns, one is not alone, life is all around, particularly in the kind sweetness of memory.

My own choices for the afterlife are not fixed, but I find comfort in having a gravestone or a dedicated place in nature. Then, I know I might be the object of a thought or a wish passing in the mind of visitors that I never got to know, because of my name, because of my birth or death date that brings a memory in them. of visitors that I never got to know, because of my name, because of my birth or death date that brings a memory in them.

CREATIVE SPACES

# HIT THE STREETS

## TORUCON 10 YEAR ANNIVERSARY SPECIAL

The List went to Torucon this year, celebrating 10 years of cosplay awesomeness in Trondheim. Here are some of the cool people we met!

### LUKAS PETTERSON

Instagram: just\_loke\_cosplay

**Where are you from:**  
Tønsberg

**What character are you playing on today?**  
Rudeus Greyrat

**What do you enjoy doing during the winter?**  
I really enjoy snowboarding

**What do you want for Christmas?**  
Kitchen utensils and some stuff for when moving out!

### NORA GRENABO

Instagram: \_gothicgf

**Where are you from:**  
Oslo

**What character are you playing on today?**  
Marin from 'My Dress-Up Darling'

**What do you enjoy doing during the winter?**  
I like to read and drink tea, play with my dog in the snow and go skiing with my family

**What do you want for Christmas?**  
I want books and clothing

### ANDREA

Instagram: Lea\_chiin

**Where are you from:**  
Trondheim

**What character are you playing on today?**  
Yamato from 'One Piece'

**What do you enjoy doing during the winter?**  
I enjoy a hot cup of cocoa and chai latte. Other than that, I can't wait for summer to come. But a trip to the mountains with a snowmobile is also super fun!

**What do you want for Christmas?**  
I want fabrics and foam and wigs to be able to make even more cosplays!



**MAGI**

Instagram: Frysepinne.cosplay

**Where are you from:**  
Sandefjord

**What character are you playing on today?**  
Yor from 'Spy x Family'

**What do you enjoy doing during the winter?**

I enjoy drinking hot cocoa with my family.

**What do you want for Christmas?**

To have a great time

**HELENA JOHANSEN**

Instagram: Ether\_Cos

**Where are you from:**  
Norway

**What character are you playing on today?**  
Mina Ashido

**What do you enjoy doing during the winter?**

I love staying inside and read books in front of the fireplace. Preferably with a cup of tea!

**What do you want for Christmas?**

I want the people I care about to be happy and healthy!

**ANDREAS LEANDER MATHISEN**

Instagram: Antevangen

**Where are you from:**  
Trondheim

**What character are you playing on today?**  
Morel from 'Hunter X Hunter'

**What do you enjoy doing during the winter?**

I don't live here during winter, just survive. Snuggle up with black coffee, my family, and anime on TV.

**What do you want for Christmas?**

After Torucon, MORE EVA FOAM to go even bigger next year! This year my pipe's shaft is made of my kids' ski poles, the ends are toilet paper rolls, and the bowl is my wife's flowerpots.



## CREATIVE SPACES

# I MISUNDERSTOOD TRONDHEIM

## Reflection on self-expression through fashion in Trondheim — sparked by attending Trondheim’s cosplay convention, Torucon

When I first arrived here, I already had a long list of cities I used to call home. The ones I felt a deep kinship with were Toronto, Montreal, Vancouver, Portland, and Denver, which are all cities known for their self-expression. Something I believed Trondheim was not.

I saw Trondheim through the lens of my old homes and immediately assumed it was closest to Waterloo, Ontario. Just like Trondheim, it’s a metropolis built around scientific academia with a penchant for innovation and logic. I lived there for 5 years and attended the University of Waterloo, a school I’ve now declared “the NTNU of Canada.”

As a self-identified fantasy-loving pansexual, I love to live in places with vibrant self-expression oozing out of its pores. But I felt at odds with the denizens of society in Waterloo. They seemed to only care about knowledge, progress, and the tech sector — to the detriment of allowing people to dress like a dark fae that recently emerged from the primordial void. And when I moved to Trondheim, I braced myself for the same fate.

I toned down my self-expression right away. I could have decided to fight it, but it’s not inherently safe to be different in the world — even if it’s only atypical fashion sense.



“THE FEELING OF SAFETY IS MORE THAN I’VE FELT ANYWHERE ELSE.”

## Words

Emma Thomlison

## Photos

Sebastian Mendez

I knew on an intellectual level that Norway is one of the safest countries in the world, but I chose the path of the wise coward. Black jeans, a black t-shirt, and a classic pair of checker Vans became my uniform.

But I was wrong about Trondheim.

There wasn’t a singular moment of stark realisation, but now that I’ve lived here for a year here, I can feel my entire perception of Trondheim has changed. Even though the city has the scientific mindset of Waterloo and lacks the sheer numbers of the brazen outfits of Portland, Trondheim does not smother the atypical.

Over time, I’ve worn many faces in here — outfits that portray me as a butterfly fairy of the deep woods, a wealthy sorceress living alone in a gargantuan estate, a lustrous spy of future realities yet gleaned, or a goth princess that looks like they just rolled out of UFFA.

And the truth is I can be as strange as I please walking down Nordre gate, and the more I show of my little goblin side, the more I feel like myself in places like the city’s art galleries, corners of Svartlamon, or events like Torucon. It takes a little bit more courage to push through the fear of being different here, but the feeling of safety is more than I’ve felt anywhere else.

So Trondheim, thank you for challenging me, and I’m sorry I misunderstood you.

“

I CAN BE AS STRANGE AS I PLEASE WALKING DOWN NORDRE GATE, AND THE MORE I SHOW OF MY LITTLE GOBLIN SIDE, THE MORE I FEEL LIKE MYSELF

### FASHION AND GENDER IDENTITY

There’s something about that natural part of cosplay that is not necessarily role-playing but both visually, through clothing and expression you can explore gender identity in a safe manner within the community.” (transl.) — Robin Tufte, aka Theriz Cosplay, during Torucon panel

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*Monkey. Small. Teak/limba. 1 349,-*

**Jane Kønig** ↓  
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*Reflection Letters. Pendant. More letters. Gilded sterling silver. 440,-*



**Louis Poulsen** ↑  
*Panthella. Portable table lamp. White. 2 795,-*



**Bodyologist** ↑  
*Body- and facial care. From 245,-*

**SHOWROOM**

*New in Trondheim, fifth location in Norway  
Kongens gate 8, 7011 Trondheim  
illumsbolighus.no*



BY APPOINTMENT TO  
HER MAJESTY THE QUEEN OF DENMARK

**Illums Bolighus**



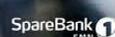
# KOSMORAMA

TRONDHEIM  
INTERNATIONAL  
FILM FESTIVAL

6. - 12. MARCH 2023 **SAVE THE DATES**



**MORE INFO AND TICKETS AT  
KOSMORAMA.NO/ENG**



# KOSMORAMA *is back*



## BE A VOLUNTEER!

The best way to get a free ticket to Kosmorama (and the most fun one) is to become a volunteer. Every year, around 100 people help out with greeting the audience, suggesting movies to them, and showing around the festival's invited directors and actors. It's also a great way for internationals new to the city to make friends in Trondheim.

## Trondheim's international film festival is a delicious treat for cinema lovers.

March is a wonderful time in Trondheim because that's when Kosmorama International Film Festival brings us feature films and documentaries from all around the world. Each year, the festival's programme is shrouded in exciting mystery until 3 weeks before it starts, but we tried to get some hints about what we could expect for Kosmorama 2023.

"This year we see there are a lot of films about performing," says Silje Engeness, director of the festival. "It's fascinating, why do we like watching actors acting about acting so much?" Many of the films dive into questions of what theatre, performance, and dancing mean. Silje says another definable

trend is explorations of themes of injustice and the fragility of democracy, just as we are experiencing in the world right now.

However, with more than 80 movies being featured at the festival, they're bound to be as different as they are many. All of the films have been handpicked and arduously researched by Silje's team. "We've watched 300-400 films in order to narrow it down to these 80 amazing films. It's a dream job, but still hard work!" says Silje. "We've got a great blend in our team, people aged 23 to 50, so we've managed to create a great diverse programme together."

## THE MAGIC IS IN THE INTERMISSION

Kosmorama's main programme is at Prinsen Kino, which is transformed by the festival every year. One transformation is a pop-up café in the foyer. "Going to a film festival is so much more than just watching movies, it's about taking a part in a social event and feeling part of the film community," says Silje and that creating spaces like the café is a key part of that.

Walking around Kosmorama you can hear a buzz of conversations, often between people who just met. You'll also notice a distinguishable international vibe, which isn't surprising because many of the films feature English subtitles – probably more than you could watch during the festival. "Actually, I wouldn't be so sure. I think one

Kosmorama attendee saw 40 in one week!" says Silje.

The festival will offer all sorts of experiences alongside its regular movie screenings, such as Q&A with directors, post-film discussion panels, and events at bars to provide even more socialising opportunities. But is there anything else Silje would like to add about the festival?

"Oh, somebody stole all our flags from the Elgeseter bridge last year. We'd love to have them back!" Silje says and laughs.

So make sure to put Kosmorama in your calendar for March 6th to 12th... and bring any flags you might have 'misplaced' last year.

CONTRIBUTOR ARTICLE

# SMITTEN BY MITTENS

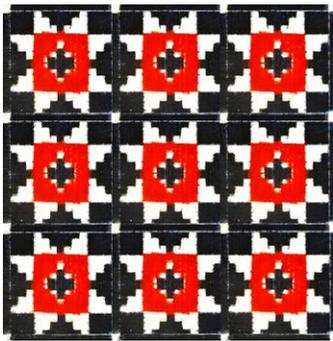
Words

Saranya S.

Illustrations

Saranya S.

Saranya S., a textile designer from Kerala, India, moved to Trondheim only a few months ago. She fell head over heels for the traditional Norwegian — but strangely familiar — Selbu mittens from south Trøndelag.



**Fig 01:** The star-shaped motif is called *nakhatram* in the southern part of India, meaning star. It is also called *mallepulu*, the word for jasmine, representing purity, kindness, and married life. It can be seen in many Indian textiles, especially in *telia rumal* textile and *pochampally saree*.

**“** IN A SEA OF PLAIN-COLOURED PRACTICAL CLOTHING, THE INTRICATE BLACK AND WHITE MITTENS WITH POINTY TIPS STOOD OUT.

It was on a particularly chilly October day when I noticed a young girl on the bus wearing a beautiful pair of mittens. In a sea of plain-coloured practical clothing, the intricate black and white mittens with pointy tips stood out. For some reason, I was completely enamoured with them and had to know more.

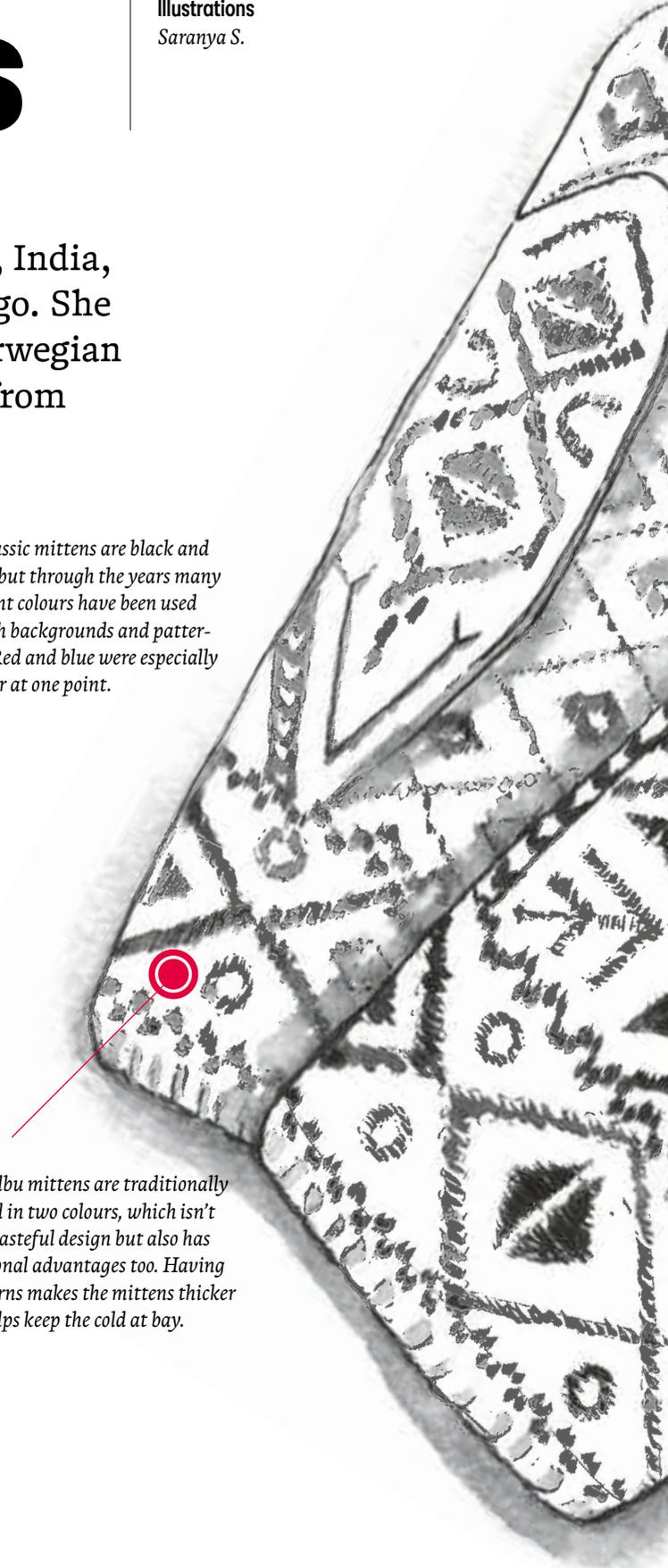
You see, it's a bit tricky to understand how people manage to live their lives in freezing temperatures when you've never known anything but a tropical climate. So, I observed closely everything that the locals around me were wearing and took notes on how to dress aptly for the coming winter.

What I noticed first was the strong preference for muted colours and functionality. I appreciate the nuance of the style now (and its utility), but it's a sharp contrast to India. There, textile traditions are a big part of our identity and each state has their unique everyday garments. Of course, Norway shows that side on the national day when all the *bunads* come out — which was a feast for my craft-loving heart! But the mittens seemed to be the only vestiges of this during the winter, so I had to know more.

**Fig 02.**

The classic mittens are black and white, but through the years many different colours have been used for both backgrounds and patterning. Red and blue were especially popular at one point.

**a.** The Selbu mittens are traditionally knitted in two colours, which isn't just a tasteful design but also has functional advantages too. Having two yarns makes the mittens thicker and helps keep the cold at bay.





# “ THESE MITTENS BECAME THE CANVAS FOR A SYMBOL THAT IS SHARED BY CULTURES GLOBALLY.

After a little digging and trips to the library, I discovered a famous tale of a teenager named Marit Emstad from Selbu, a municipality here in Trøndelag. Back in the 19th century, she knitted a pair of mittens she wore to church and her trendsetter status was cemented for the ages. The design became wildly popular and it even garnered fans beyond Norway. What was groundbreaking was that this was the first time a two-colour knitted work appeared in Norway, but today it's considered quintessentially Norwegian. The featured motif, an eight-petaled rose has been known as the selburose ever since. But why did I get infatuated with these mittens?

Firstly, they look cute! Secondly, they reminded me of something from back home. Even though I had never worn mittens in my life before moving to Trondheim, the flower motif felt strangely familiar. I remembered seeing the selburose on cotton and silk textiles in India. Actually, my

mother even owned a sari with a similar motif!

While the selburose has come to represent winter, the eight-petaled rose did not necessarily originate from Marit's famous mittens. It originated... somewhere else. I spent hours in the library trying to pinpoint it exactly, but the more I read, the more complicated it became. Following the trail of this design, I realised I could find it almost everywhere I looked! It's been around for centuries and in some countries, it is often interpreted as a snowflake or a star and signifies balance and harmony. Traditional Swedish textiles and Ukrainian embroidery also have this eight-pointed star as a recurring motif. It often symbolises the 8 directions (N, NW, W, etc.) and in Estonian culture, it is supposed to be a symbol of fertility and protects one from evil.

It's remarkable that something as simple as a pattern on a glove in a bus in Trondheim can be so steeped in history. It's also fascinating how iconography and symbolisms become a part of traditions across countries. This serves as a reminder that underneath all our differences we can still find things that connect us. From being just a protective garment, these mittens became the canvas for a symbol that is shared by cultures globally.

I never thought that my curiosity for simple mittens would send me down a rabbit hole of history, unravelling an elaborate story. And since I've professed my love for these mittens, is it time for me to knit my own?

Nope, I'll just put it on my Christmas wish list instead!

Fig 03. Trondheim (a) and Selbu (b)



# mobee



# BE ON THE MOVE IN TRONDHEIM!

**MOBEE IS A REAL-TIME ASSISTANT THAT ENABLES YOU TO MOVE FREELY IN TRONDHEIM AND TRØNDELAG.**



# MAGICAL CHRISTMAS *in Trondheim*

There's nothing quite like experiencing the Christmas season in Trondheim. The city comes alive in these darkest months with twinkling lights, crisp winter air, and the cosy warmth of bustling cafés, markets, and cute little shops.

**We've gathered a small selection of what we love about Christmas in Trondheim to help you out.** However, don't be surprised if you discover even more wonderful surprises while enjoying the city's unique festive atmosphere.



11  
—  
26

ICE SKATING

## FREE ICE SKATING

At Solsiden from Nov. 26th

The ice skating rink at Solsiden is the perfect blend of a refreshing outdoor activity and a cosy city outing. This new tradition sees the pond outside of the shopping centre turned into an ice skating rink for anyone to enjoy, free of charge! You can bring your own skates, or rent a pair when you arrive, to show off your elegant twirls. If you prefer leaving twirling to others, however, you can also sip hot chocolate at one of the many restaurants facing the skating rink. Many of them offer heat lamps and blankets on their outdoor terraces, so you can bundle up and enjoy the scenery and watching people having fun on ice skates.



### DID YOU KNOW?

Solsiden used to be a bustling industrial centre and was one of Norway's biggest shipyards.

12  
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01



## THE WONDROUS CHRISTMAS MARKET

At Torvet (Trondheim's main square), Dec. 1st-18th

This year will be the 20th anniversary of Trondheim's most cherished tradition, the Christmas market. There's something so unique about it that it's beloved by everyone, from diehard Christmas lovers to the worst of Grinches. Perhaps it's the wide selection of locally produced food and crafts spread across 80 booths, or the magical Ferris wheel with its twinkling lights. The market is also home to Trondheim's tallest Christmas tree and a pop-up tavern! The Lavvoen is an atmospheric tent with more than 500 seats for people to enjoy seasonal drinks, live music, and delicious dishes like Portuguese bacalao and Trønder reindeer burgers. The market is open every day from 11:00-19:00 while the Lavvoen is open until 20:00, and longer on Wednesdays and Fridays, until 22:00.



**FOLLOW THE QR-CODE FOR MORE MAGICAL ACTIVITIES!**

## GINGERBREAD HOUSES

12  
—  
01

## THE GINGERBREAD CITY RETURNS!

At Munkegata 70, Dec. 1st-18th

Making gingerbread houses is an honoured tradition in Trondheim and this year you'll once again have the opportunity to witness the culinary architectural feats of the locals. Schools, baking enthusiasts, and all sorts of organisations send in their gingerbread creations to be displayed at Trondheim Pepperkakeby (Trondheim Gingerbread City), held in the old premises of Ravnkloa Fisk & Skalldyr from Dec. 1st to the 18th. We definitely recommend visiting as it's quite a sight to see and a great way to support a good cause. Tickets are only 75 NOK for adults and 50 NOK for students and children under 16 get in for free. All proceeds will go to supporting mental health initiatives for young people in Trondheim.



## WEIRD CHRISTMAS TV

Every Christmas, NRK airs the legendary Ribba - grad for grad, a 7-hour broadcast of a Christmas roast in the oven. Then there's Tre nøtter til Askepott (Three Wishes for Cinderella), a Czechoslovak/East German fairy-tale film from 1973. For some mysterious reason, everyone in Norway watches this movie before Christmas. The entire movie is dubbed in Norwegian by one man, which makes for bizarrely fun viewing.



BEAUTIFUL CHRISTMAS WALKS

TAKE A STROLL THROUGH BAKKLANDET

Bakklandet and the city centre

A big part of the holiday season in Trondheim is to simply take in the incredibly festive atmosphere. Walking along the icy Nidelva river or passing through the happy hustle and bustle in the city centre, while being surrounded by beautiful Christmas lights, will immediately fill your heart with fuzzy warmth. Bakklandet is also a particularly wonderful place for a leisurely stroll among cute little cafés, old wooden houses, and beautiful artisanal shops full of local crafts. The wonderful thing about Trondheim is you can walk between all the major spots, whether it's shops, markets, or restaurants, so make the most of it!

12  
—  
24

WHERE TO GO OUT FOR CHRISTMAS DINNER

At Britannia Hotel, Dec. 24th & 25th

Almost everything is closed during the height of the holidays in Norway, but there are still unique experiences to be had. Britannia is a historic hotel located in the centre of Trondheim and offers a wide variety of events and packages in December, including a Grand Buffet in the glamorous Palmehaven restaurant from 18:00 on Christmas Eve and Christmas day. The buffet costs 965 NOK (525 NOK for children) and is open to everyone. You'll be able to enjoy a large selection of classic Christmas dishes, alongside the best the sea has to offer for the season, and a whole host of delicacies made from locally-produced ingredients. Britannia is a wonderful place to spend Christmas as the interiors are absolutely stunning, and it's easy to understand why so many rock stars, royalty, and other distinguished guests have passed through its doors during its rich 150-year history.

CHRISTMAS EVE AT BRITANNIA



MIDTBYEN



TRONDHEIM



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Vegard Aftret Nytrø

907 57 342

vegard.nytro@hogstas.no

**HOGST**





# MEET TRONDHEIM'S OLDEST 'LIVING' RESIDENT

The List met with Ellen Grav, archaeologist, and Kristin Tiller, project manager at the NTNU University Museum, to discuss the museum's novel exhibition.

When you walk through the doors of the NTNU University Museum, the first thing you see is Tora's warm toothless smile. You half expect her to hobble over to greet you, as she looks pretty spry despite her advanced age of 750+ years. You soon realise though that this inviting old woman is only an incredibly life-like recreation, but who was the original Tora?

"Tora might have been a part of a Trondheim merchant family," says archaeologist Ellen Grav. "This would have made her part of the higher rungs of society at the time, around the late 13th century." Trondheim was a large town at the time and going through its golden age. The grand Nidarosdomen was about to be finished, trade flowed through the town, and the Archbishop's seat was here.

Tora's skeleton was discovered in the 1980s when a medieval graveyard was found where Trondheim's main library is today. Several other remains were excavated, but Tora was chosen for recreation for a special reason. "Most of the skeletons have a rich story you can find through DNA and other means, but we wanted to pick an individual with a visible story," says Ellen. And it's certainly worked.

When you meet Tora, you do get an immediate impression of a real person with a rich history. Her advanced age in a time when people barely lived past 40, and physical details like her hunched back and her swollen finger joints, are threads in her story — and all accurately recreated based on her remains.

“

**TORA MIGHT HAVE BEEN A PART OF A TRONDHEIM MERCHANT FAMILY, THIS WOULD HAVE MADE HER PART OF THE HIGHER RUNGS OF SOCIETY AT THE TIME, AROUND THE LATE 13TH CENTURY.**

# THIS IS TORA

## OLDEST 'LIVING' TRØNDER

### FILLING IN THE BLANKS

However, there's one important thing we have to keep in mind. "There are things we know for certain, but many things about Tora are what she might have been," says Ellen.

First of all, we don't even know her real name or who she really was. What we do know though is when she was alive, where she was buried, and that she was well-fed as a child. That, plus the tough physical labour she did (based on her worn joints), indicates she likely led a life similar to the merchants who were the period's 'middle class'. Connecting these dots allowed the recreation of Tora, but it wasn't easy work. "It might seem simple to produce something like Tora but it's not. Having a lot of blanks is still hard and we have to make a lot of choices," Ellen explains.

Kristin Tiller, the project manager responsible for bringing Tora to life, agrees and says it was still a rewarding process. "We spent a long time deciding how we want to portray her and how we want her meeting with visitors to be. We went with making her approachable. She's smiling and standing in an inviting manner." Then followed a long process of researching artists that could bring Tora to life in an authentic manner.

But why is it so important we don't leave these blanks unfilled?



#### Incredible artistry

The museum hired special effects makeup artist **Thomas Foldberg** to bring Tora to life. The attention to detail is incredible, down to the smallest liver spots, which Thomas painted by hand. The process took about 8 months to complete.



#### Authentic details

Tora's shoes are based on clothing that has been found from the same period, but recreating them was no easy chore. After Nille Glæsel made them by hand, they were worn by Tomas Foldberg's daughters for a whole summer to give them an authentic used look.



### Inviting smile

Life was tough in the middle ages, but it was not all doom and gloom. The team behind Tora thought it was important to bring a little light to the 'dark ages' and tell a more truthful story. "People had feelings, they cared for each other and were happy, just like today. And that's what we wanted to show with Tora's smile," says Ellen Grav.



### Medieval craft

Archeologists don't know what type of clothing Tora wore, but they have found remains from the same era. Her dress is based on a discovery in Uvdal in south Norway. Tora's dress was handmade by **Nille Glæsel** and dyed with flower pigment using traditional medieval methods.

### Finding a name

People were so enamoured with the new incredibly life-like guest, but one question kept popping up: what's her name? The museum teamed up with NRK to let the people choose and provided five names from the era as options (perhaps to avoid a 'Boaty McBoatface'-type debacle). Which one would you have chosen?

**17%**  
INGEBJØRG

**21%**  
SIGRID

**20%**  
ULVHILD

**27%**  
TORA

**14%**  
RAGNHILD

### Underground history

Tora was found in an old graveyard at the end of Kaupmannastretet, Trondheim's main merchant street during the 13th century. It used to lie about where Krambugata is today in the city centre, and Tora was found where the main library is now located. You can visit a recreation of the street on the upper floor of the NTNU University Museum.

## MAKING HISTORY COME ALIVE

"Tora must have had an extraordinary life when you think of the time period she lived in," says Kristin. "In just 65 years, she witnessed the incredibly prosperous times of Trondheim, but also the downturn. There were unprecedented crop failures, hunger, and illness."

Having an incredibly life-like person from that period standing in front of you makes everything else in the exhibit feel much more real. The upper floor of this building of the museum hosts a full-sized recreation of parts of Trondheim's former merchant street. Going through the exhibition after meeting a person who might have actually lived in one of these houses brings this experience to a whole new level. And this is evident from Tora's amazing reception.

"We see it both in increased visits and the attention that we've gotten online and in media," says Kristin. "I think it's so fun to see visitors stand in front of her like they are waiting for her to breathe. They witness all the incredible details; like the fuzz on her upper lip, the hint of tears in her eyes and take all this in with awe."

You can go visit Tora at the NTNU University Museum, and who knows, she might soon get a new companion from the past to keep her company.

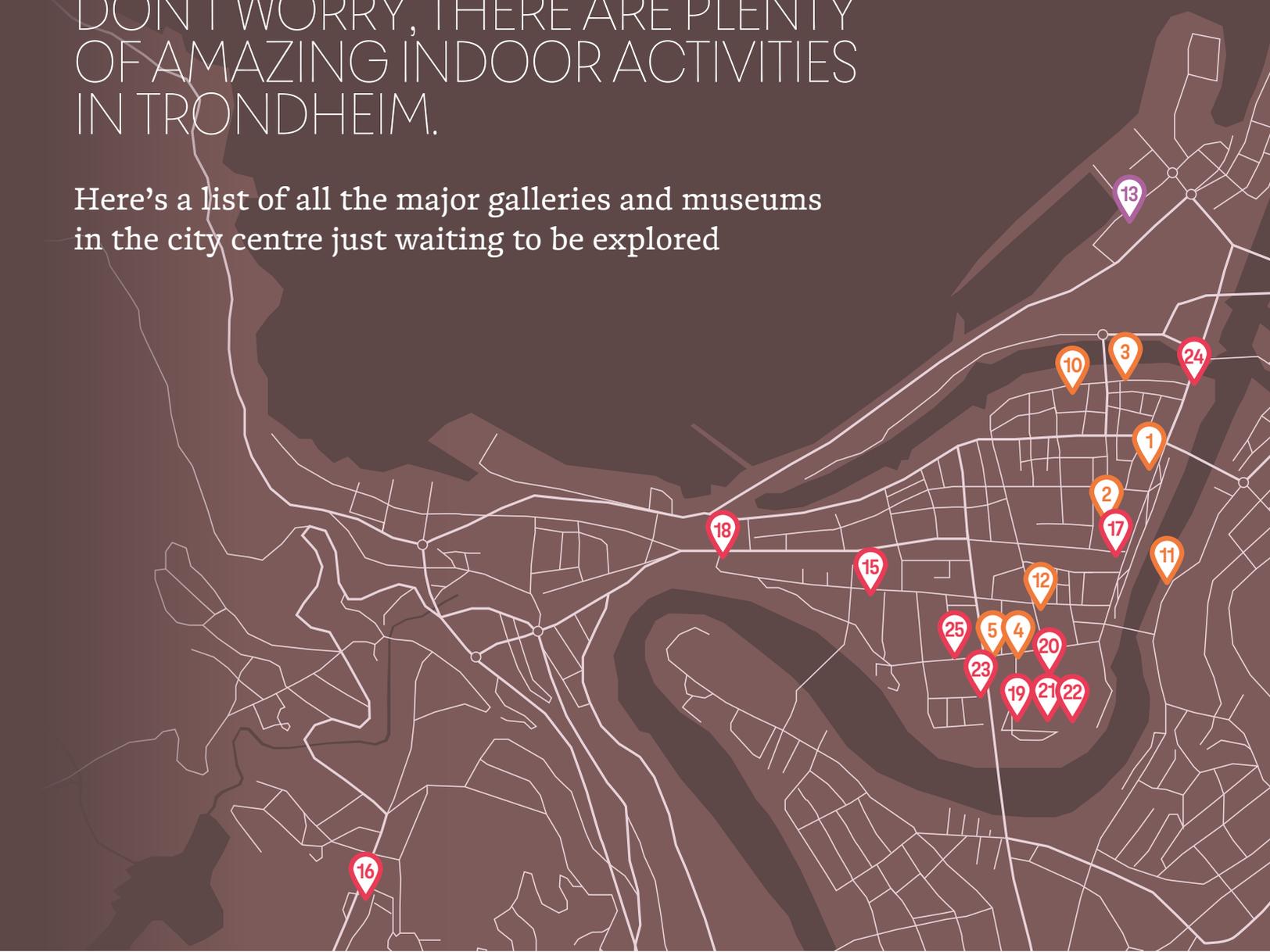


MUSEUM MAP

# TOO COLD TO BE OUTSIDE?

DON'T WORRY, THERE ARE PLENTY OF AMAZING INDOOR ACTIVITIES IN TRONDHEIM.

Here's a list of all the major galleries and museums in the city centre just waiting to be explored



## ART

- 1. K-U-K**  
k-u-k.no  
FREE ENTRANCE  
MON-SUN
- 2. Kunsthall Trondheim**  
kunsthalltrondheim.no  
FREE ENTRANCE  
WED-SUN
- 3. Trøndelag Centre for Contemporary Art**  
samtidkunst.no  
FREE ENTRANCE  
WED-SUN

- 4. & 5. Trondheim Kunstmuseum**  
trondheimkunstmuseum.no  
140 NOK / 80 NOK  
WED-SUN
- 6. Trondhjems Kunstforening**  
tkf.no  
FREE ENTRANCE  
THU-SUN
- 7. BABEL Art Showroom**  
babelkunst.no  
FREE ENTRANCE  
THU-SUN

- 8. Galleri Blunk**  
galleriblunk.com  
FREE ENTRANCE  
FRI-SUN
- 9. Galleri KIT**  
facebook.com/gallerikit  
FREE ENTRANCE  
EXHIBIT SPECIFIC
- 10. Galleri 7**  
galleri7.com  
FREE ENTRANCE  
THU-SUN

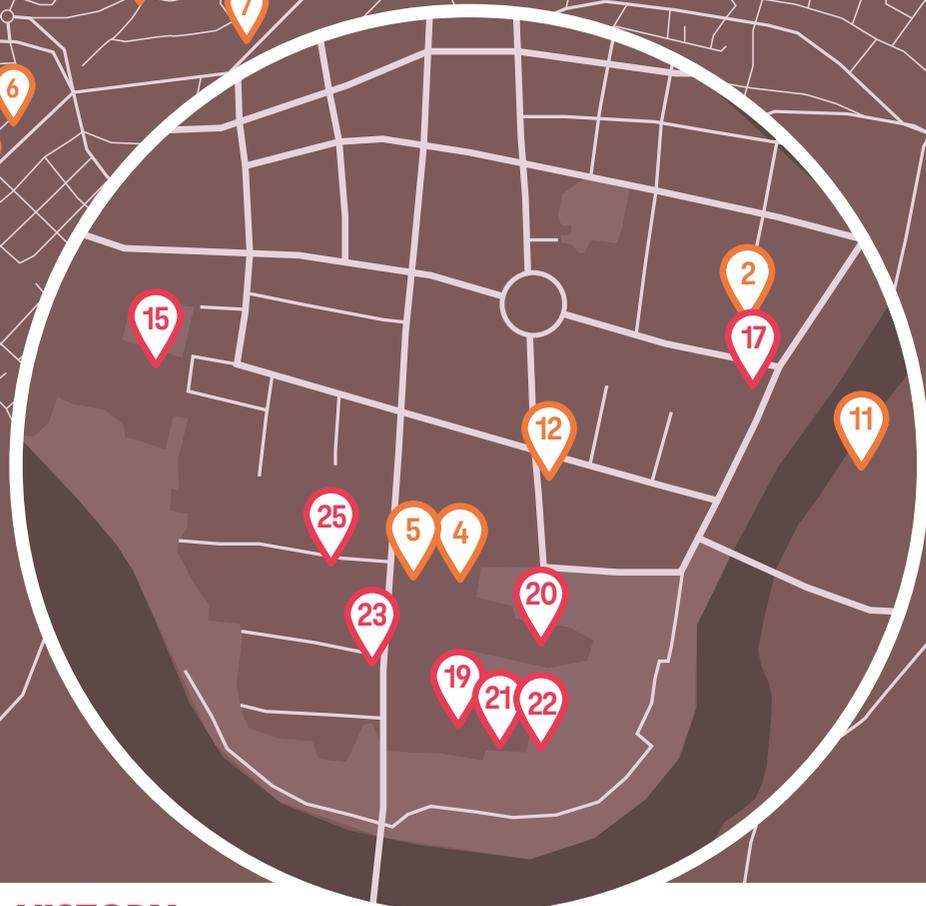
- 11. TEKS-Trondheim Electronic Arts Centre**  
teks.no  
FREE ENTRANCE  
WED-SUN
- 12. National Museum of Decorative Arts and Design**  
nkim.no  
Temporarily closed for renovation

## MUSIC

- 13. Rockheim**  
rockheim.no  
160 NOK / 130 NOK  
TUE-SUN
- 14. Ringve Music Museum**  
ringve.no  
160 NOK / 140 NOK  
TUE-SUN

# KEY

-  Art
-  Music
-  History



Follow us on Instagram for more tips on things to do!



## THE LIST

### HISTORY

#### 15. NTNU University Museum

ntnu.edu/museum  
120 NOK / 70 NOK  
TUE-SUN

#### 16. Sverresborg Trøndelag Folk Museum

sverresborg.no  
140 NOK / 120 NOK  
TUE-SUN

#### 17. Trondheim Science Center

vitensenteret.com  
150 NOK / 105 NOK  
MON-SUN

#### 18. The National Museum of Justice

justismuseet.no  
110 NOK / 80 NOK  
TUE-SUN

#### 19. The Armoury

rustkammeret.no  
100 NOK / 50 NOK  
MON-SUN

#### 20. Nidaros Cathedral

nidarosdomen.no  
120 NOK / 60 NOK  
MON-SUN

#### 21. The Crown Regalia

nidarosdomen.no/attraksjoner/riksregaliene  
120 NOK / 60 NOK  
MON-SUN

#### 22. The Archbishop's Palace Museum

nidarosdomen.no/attraksjoner/erkebisppegarden  
120 NOK / 60 NOK  
MON-SUN

#### 23. Jewish Museum Trondheim

jodiskmuseum.org  
100 NOK / 50 NOK  
SUN

#### 24. The Trondheim Maritime Museum

trondheimsjofart.no  
90 NOK / 70 NOK  
THU-SAT

#### 25. The Norwegian Museum of Deaf Culture and History

norsk-dovemuseum.no  
90 NOK / 70 NOK  
THU-SAT

PROFILE

# CHESS RAVE

## Words

Már Másson Maack

## Photos

Jéleena Rai &  
Peter Fisticic



Gary Andrés Chinga didn't start playing chess until he was 26 years old, but now he's founded Fuzzsjakk to use the game to bring people together in weird new ways.

"I don't like it to be boring and I'm also quite impatient, so I always feel like I need to step up my game." That's how Gary Andrés Chinga went from starting a little weekly chess club earlier this year to throwing a full-blown chess rave in just a couple of months... but what the hell is a chess rave?

"When most people hear chess rave they say 'this sounds awful' — and that's perfect!" says Gary and laughs. The concept is relatively simple, get people together to play chess while local DJs get them going on the dance floor. So the event strengthens the underground electronic party scene, but with a socialising chess twist. This bizarre mixture came about because Gary wanted the name to be provoking enough to connect more people, and he's definitely succeeded on that front. The first chess rave "only" had around 80 participants — which still sounds like a lot — while the second one at Rockheim was supposed to have 150 people... but more than 300 showed up! Incredible numbers, but also understandable. Even if you have no interest in chess or raves, putting those two words together is weirdly alluring. How did Gary come up with it though?

"I work at REMA 1000 in Elgeseter and meet a lot of people that come there. I started going to parties with groups and we slowly started to add chess into the mix. That's when I discovered chess and partying go weirdly well together." When he began organising chess events for the public, he quickly started developing new forms to connect people. So is Trondheim likely the first city in the world to have a chess rave? "Oh yeah, nobody would be crazy enough to do this," says Gary.

# “

I WANT TO HELP ELEVATE PEOPLE AND HELP THEM MEET OTHERS. BECAUSE THAT'S TRUE HAPPINESS, FORMING CONNECTIONS WITH OTHERS.



## A MELTING POT OF INTROVERTS AND EXTROVERTS

Gary cares deeply about fighting social isolation and wants to help people form connections. He describes himself as a “shy boy” when he was younger, but he eventually realised there was more to life than being one type of person. He moved to Bergen to open up and follow his dream of producing and performing music. When he moved back to Trondheim, he recognised he was a curious mixture of a loner and a hyper-social person — but so were other people. So he began bridging the gap between introverts and extroverts.

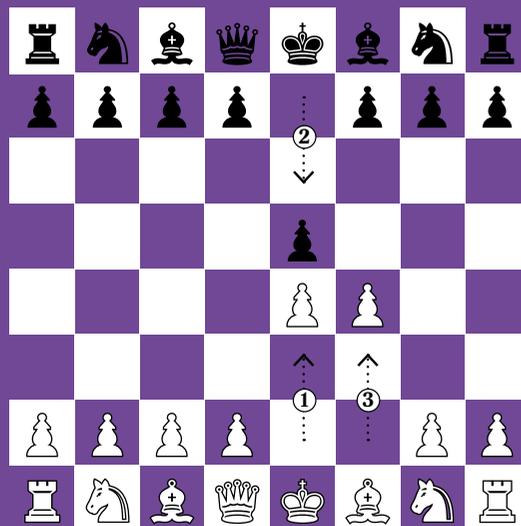
“When you’re at a party where people are dancing and having fun, it can be quite lonely if you feel more comfortable staying on the sidelines. Mainly because there are no alternatives. Should I just stand in the corner and scroll on my phone? Adding chess to the party gives added depth to the experience. Now you have a new place to connect and a new dance floor — but on this one, you dance using your mind.”

Gary is continually challenging himself. In addition to further developing the chess raves and the casual chess tournaments at Super Hero Pizza, he’s in talks with yoga teachers and meditation experts to create new events. “I want to help elevate people and help them meet others. Because that’s true happiness, forming connections with others.”



## KING’S GAMBIT

You don’t need to know anything about chess openings to join one of Gary’s events — but he still has a favourite one. “Mine is King’s Gambit. It’s extremely aggressive and basically a YOLO opening. I love it and play it every time... even if it usually ends up badly.” He also adds it’s really fun to see how people open because it often reflects their personality.



The King’s Gambit begins with moving the pawns in front of the king and the bishop two spaces. This makes the player’s king vulnerable and offers a pawn sacrifice. Super risky, but if you survive the beginning (which you probably won’t), you might achieve a fearsome all-out attack.



“**ADDING CHESS TO THE PARTY GIVES ADDED DEPTH TO THE EXPERIENCE. NOW YOU HAVE A NEW PLACE TO CONNECT AND A NEW DANCE FLOOR — BUT ON THIS ONE, YOU DANCE USING YOUR MIND.**”

## SPEED-FRIENDING

Born to Chilean parents in Trondheim, Gary knows Norwegian people can appear cold and closed off. So he started Fuzzsjakk to use chess to create a society for people to get together across languages. “Many people say our events are like speed-friending, just with a chess board. I love it when we can’t start the next round of a tournament because people are too busy chatting with someone they just met.” Fuzzsjakk has regular tournaments, beginner courses, chess&chill events, and chess raves.

# MERGING UKRAINIAN & NORSE MYTHOLOGY



More than 20 Ukrainians helped make *Fragile Fears*, from award-winning costume designers and makeup artists to people participating in an art project for the first time. The photos were all shot around Trondheim.

Ukrainians in Trøndelag have come together through Den Ukrainske Forening to create a unique photography exhibition that melds mythologies and builds bridges between Norway and Ukraine.

“The Ukrainian people who fled here brought with them the very fragile and newborn Ukrainian culture that was just starting to bloom,” says Olena Ivashkina, a Ukrainian photographer who came to Trondheim in April after surviving intense bombardment. “They’re in a new country, where they’re afraid to be different but still trying to remain authentic. And that’s what this project is about; overcoming our fear.”

The project is called *Fragile Fears* and is a photography series of nine beings that depict a unique blend of Ukrainian and Norwegian culture. The series sprang from the need to fight back, to keep Ukrainian culture alive, but also to build bridges. “Norway is somehow more similar to Ukraine in regards to the mentality, nature, and people than any other country I have been to,” says Olena. Along with other refugees and Ukrainians who had lived in

Trøndelag since before Russia’s full-scale invasion, they discovered even more similarities — especially in mythology.

“Through research and discussions with local people, we discovered that many things we have in Ukrainian mythology have their parallels in Norwegian culture.” One of the beings in the series is a mix of Fenrir and Ukrainian folk tales of *vovkulaka*, werewolves. While Fenrir, the giant wolf of Norse mythology, has been interpreted as a representation of the fear of the unknown, the wolves in Ukrainian folklore are quite different. There are many stories of people shifting from human to wolf form, but these creatures were revered, not feared, as wolves represent ancestors and deep connections.

“People will experience each creature differently,” says Olena. “One might appear as Odin to a Norwegian person, but a completely different being for Ukrainian people. Despite using Ukrainian symbology and craft, anybody from Scandinavia or Ukraine should see something familiar”

You can enjoy all nine creatures for free when the exhibition opens in Olavshallen’s bomb shelter on January 13th. The date is apt as it’s Friday the 13th and the Ukrainian Malanka celebration, which is rich in ancient rituals, folklore, and magic.



# Vovkulaka

x x x x x

## Fenrir

o forest as a natural habitat, typical landscape of Carpathian mountains, located in Skaun

o mask of wolf, that closes one side of the face

golden claws as a symbol of transformation into a beast

o ritual elements

Gleipnir chain

o wooden mouse, symbol of hunt

Gunia-kotsouania authentic outwear for mountain people, made from wool combed from sheep

Gunia (also hunia) symbolizes the wolf skin

o a staff for moving through the forest

Photos Olena Ivashkina  
Make-up Daryna Momot

Costumes Maria Kero  
Production Olga Mosand

CONTRIBUTOR ARTICLE

# WOMEN. LIFE. FREEDOM.

صدای این زن را می‌شنوی؟  
کاش صدایم آنقدر فریاد باشد  
که از استقامت مرزهای جهان عبور کند  
و در گوش‌های سرزمینم آرام بگیرد

می‌خواهم تصور کنم  
هیچ دختری کشته نشده است  
هیچ پسری دستگیر نشده است  
و هیچ مادری بر قبر فرزندش اشک نمی‌ریزد

ایران از جنگ بازگشته است و  
تهران چراغانی شده است

می‌خواهم تصور کنم آن خورشیدی را که از  
پس تیرگی ابرها  
بر آزادترین میدان شهرم می‌تابد و

دختران ایران موهایشان را به نسیم خوش  
عطر آزادی می‌سپارند

#زن زندگی آزادی

DO YOU HEAR THIS WOMAN'S VOICE?  
I WISH I COULD YELL LOUD ENOUGH  
SO LOUD IT COULD CROSS THE POWER OF THE WORLD'S BORDERS  
AND FIND ASYLUM IN MY HOMETOWN'S EARS

I WANT TO IMAGINE  
NO GIRL WAS KILLED  
NO BOY WAS ARRESTED  
AND NO MOTHER SHED TEARS ON HER CHILD'S GRAVE

IRAN HAS COME BACK FROM WAR  
AND TEHRAN IS LIT UP WITH LIGHTS

I WANT TO IMAGINE THE SUN  
COMING FROM BEHIND THE DARKNESS OF THE CLOUDS  
SHINING ON THE LIBERATED SQUARE OF MY CITY

WHERE THE IRANIAN GIRLS FREE THEIR HAIR  
TO THE FRAGRANT WIND OF FREEDOM

#WOMAN\_LIFE\_FREEDOM

**Marjan Poursharifi** is an internationally educated artist and one of the many Iranians who call Trondheim home. She's held exhibitions as a painter and done illustrations for children's books, in addition to being a published poet and short prose writer.

In 2018, she was forced to leave her country after being imprisoned and censored by the authorities. She managed to escape to Turkey and then Serbia. From there she found her way to Trondheim

through ICORN — an independent organisation of cities offering shelter to artists and writers at risk.

Right now, women are under attack in Iran and protestors have been fighting injustice every day since the murder of Mahsa Amini. Marjan shared her paintings here, along with an original poem, to use her freedom to lend this fight against the oppressive government a voice.

“

I WANTED TO SPEAK UP, THE WORLD NEEDS TO KNOW ABOUT WHAT'S HAPPENING. AND I FEEL THE SUPPORT OF THE CITY, ALL OF TRONDHEIM STANDS WITH THE WOMEN OF IRAN.

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Antiquarian & used

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and Saturday: 10.00-15.00

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@wangsmoantikvariat

# 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 Fieldata in 2021. Fieldata 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

THE ART LIST

# NATALIE FIELD

Words  
Giorgia Rota

Photos  
Natalie Field

The List visited Natalie Field, a South African artist based in Trondheim, to explore the bizarrely beautiful world of biosurrealism.



Looking around Natalie Field's studio, you'll see meticulously cleaned animal bones, hanging dried-flower bouquets, wall collages, displayed butterflies, and scattered leaves. What unites all these elements? Death. What is the missing piece in this puzzle? You.

In her artistic practice, South African biosurrealist and contemporary artist Natalie Field seeks interconnectedness. By researching the matter we're made of, she asks us to spend time with nature rather than just walking through it so we may look into our own relationship with natural materials and the changing landscape that surrounds us.

Her desire to take a deeper dive into human-animal relationships has led her to Trondheim Art Academy, where she is working on her thesis. Tracing back the line that connects all of us, she is opening a dialogue between her art, the ecological system, and preserved objects in museums. Natalie shares that she never used photography as the standard tool. Since the beginning, she was always deconstructing and collaging in an attempt to make the invisible, visible. From working primarily with light-based media, her methods are now becoming interdisciplinary. This experimental approach made her question how to take her process from photography to sculpture.

To her, the two mediums have in common that they both "freeze moments in time".

Her series *Merkaba: Vehicle of Light* inspired the shift to sculptural installation. Right now, she is mostly working with prototypes through a journey of trial and error to see what works best. Natalie follows the material. She waits for stories to jump out to her and then creates vessels for them to reach us.

“  
THE PLANET IS EXPERIENCING A DEVASTATING LOSS OF BIODIVERSITY DUE TO ANTHROPOMORPHIC MACHINATIONS.





### What drives your artistic creation?

In 2016, personal circumstances led me to think about death and how precious time is. That encouraged me to apply for an artist residency in Finland. I would go out, lay down in the forest and imagine what would happen if I would die right now, right here.

I would return to the natural world.

There was a lot of solitude in this activity. It changed my perspective on life. From then I decided to focus my attention on helping the natural environment back. Death and the loss of biodiversity are very central themes in my work. That is the underlying thread that I follow.

### Why did you choose Trondheim to develop artistically?

I chose NTNU because The Natural Science Museum in Trondheim belongs to the university. I wanted a university close to a natural history museum to learn bone conservation and preservation techniques. When I got here, I managed to get an apprenticeship with Guus Wellesen at the NTNU Department of Clinical and Molecular Medicine. I've been doing it for about 13 months now.

### And how is the apprenticeship going?

It is very exciting! I am learning new techniques that allow me to expand my visual aesthetic... although perhaps I didn't think it a 100% through. It involves skinning animals which isn't necessarily within my comfort zone. I have a lot of empathy for animals, so it's been difficult.

To me even in death, a bird remains a bird. It had a life and memories that are still encapsulated within the material itself. I want to create something the animals would want to be part of, something they would agree to.

### Your work can be described as 'biosurrealist', what does that mean?

Surrealism, at its core, but with a biological twist. I take elements from nature and associate them in a way you wouldn't necessarily find them to create a vehicle for narrative.

In my work released during Trondheim Open, for example, I combined a rooster and songbird to create an unlikely situation. The piece is about biomass distribution and the fact that only 30% of all birds

are wild birds. There is a huge imbalance in the biodiversity of birds and it keeps deteriorating. In this artwork, the egg carton symbolizes the chicken industry, the rooster is the king of the world, and the songbird represents wild birds.

### How do you feel about the art community in Trondheim?

The community here is very supportive, and building a network of scientists, biologists, conservators and museum curators to work with has been a joy. During my application interview, I was very clearly told that it was completely up to me to build connections. Being a driven person, I made that happen. I can be... quite insistent. Trondheim is also an absolutely delightful city. It is small in comparison to Johannesburg and I enjoy the sense of community and would love to stay on after my master's. I have built great connections and feel integrated into the community as a whole.



Q&A WITH  
NATALIE FIELD



## CONTRIBUTOR ARTICLE

# A JOURNEY OF CREATIVITY

## THE FIRST STEP IS THE HARDEST, BUT THE REWARD CAN BE INCREDIBLE

## Words

Martha Skogen

## Illustrations

Sofia Lund Murray, Grade 9

Maya Henderson, Grade 8

Natalia Kusnierczyk, Grade 9

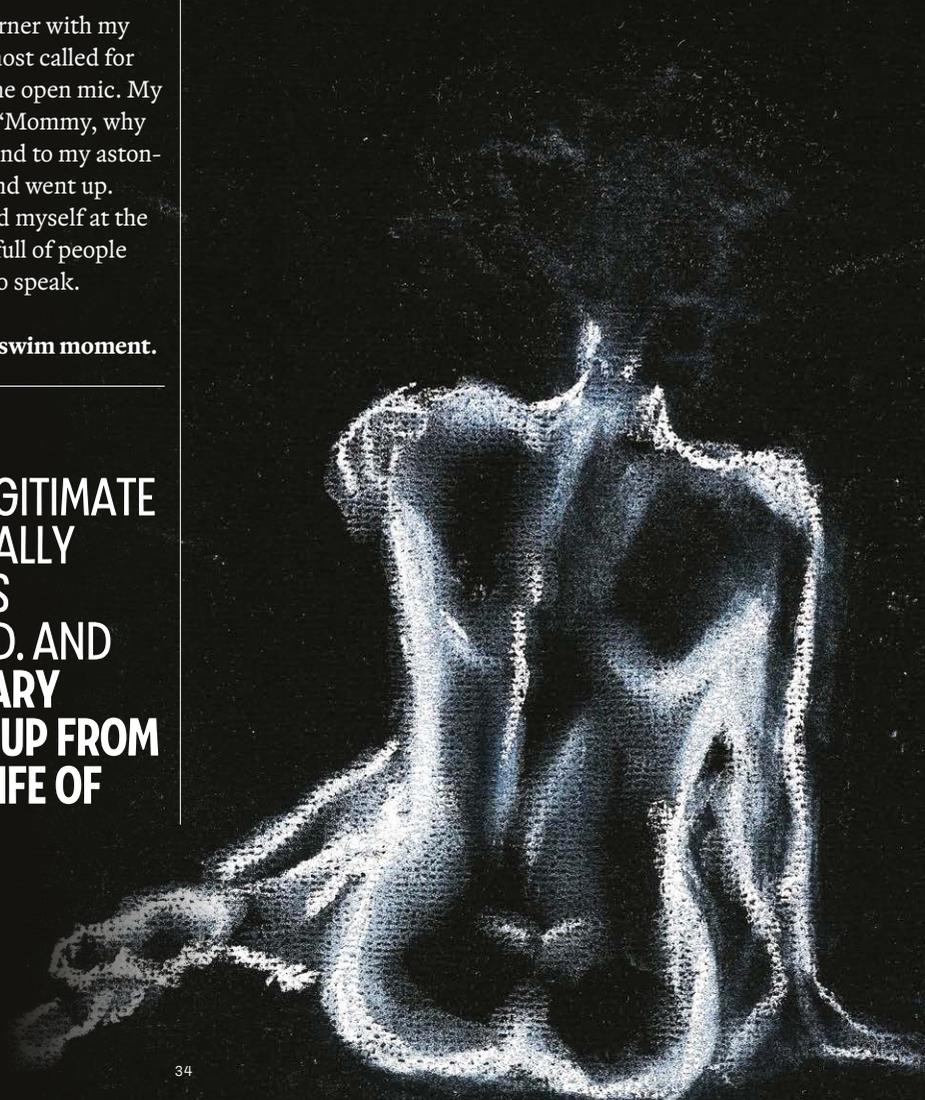
Martha Skogen, an American poet, artist, designer, and researcher, writes about how her book sprang to life from creative opportunities in Trondheim. ‘The Glass Tree’ is a collection of Martha’s poems, illustrated by international children living here.

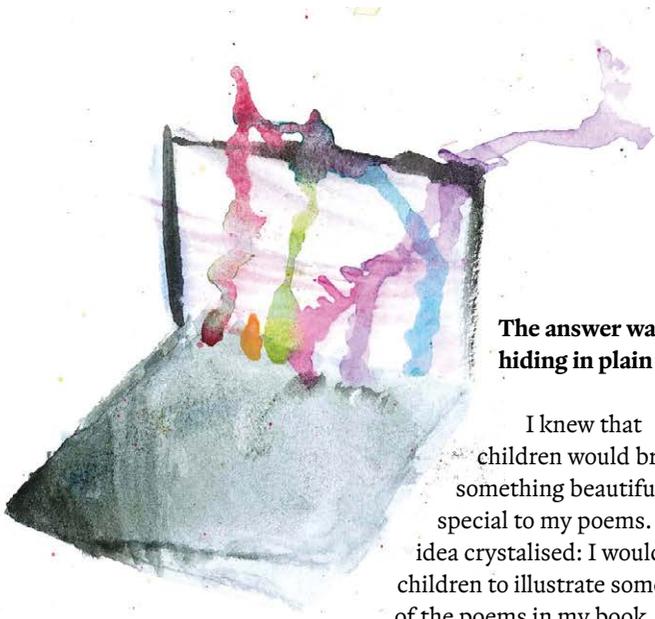
I have written poetry for as long as I can remember and dreamed of making a book for equally as long. However, I rarely shared my poems as poetry was a quiet and personal space for me. That changed in 2019 when I coincidentally attended Poesikveld (Poetry Evening), an event sponsored by Trondheim’s Litteraturhuset. That evening,

as I sat in the corner with my young son, the host called for volunteers for the open mic. My son whispered: “Mommy, why don’t you try?” and to my astonishment, my hand went up. Suddenly I found myself at the front of a room full of people waiting for me to speak.

**It was a sink or swim moment.**

“WORKING WITH CHILDREN AS LEGITIMATE ARTISTS, ESPECIALLY IN LITERATURE, IS UNPRECEDENTED. AND THIS NEW LITERARY GENRE SPRANG UP FROM THE CULTURAL LIFE OF TRONDHEIM





**The answer was hiding in plain sight.**

I knew that children would bring something beautiful and special to my poems. An idea crystallised: I would ask children to illustrate some of the poems in my book.

I approached Trondheim International School to pitch my idea and I was thrilled by the immediate support.

I was honoured to conduct a one-day workshop with grades 1-9 and the students' work blew me away. They visually rendered the poems in clever, fascinating, and sophisticated ways — even some of their teachers were surprised. The student group is incredibly diverse which added a certain magic. I strongly believe that multiculturalism and diversity are worth celebrating and add to poetry's power to explore the human condition. So I wanted my book to practice, not just preach, an inclusive approach. As the children handed me their work, I knew the book was truly making itself. Indeed, some of their interpretations of the poems have changed how I view the world.

Post-pandemic, the book was ready and the creative support I've experienced in Trondheim just kept being reaffirmed. Elusive Worlds, a new local publisher focused on featuring new voices and ideas took a chance on The Glass Tree, and the wonderful people at Skipnes Trykkeri up in Heimdal printed it (they also

I stood up straight and gently read a few short poems from my tiny journal. The respectful silence was profound, yet I noticed people nodding, smiling, or even becoming emotional. People's faces were full of thought. Then the glorious quiet became a thundering applause. Astounded, I scuttled back to my beaming son. Something incredible had just happened. I had experienced the power of words with people openly and turned a corner. Not surprisingly, I became a regular attendee at Poesikveld. The people there were incredibly supportive and often said, "you should write a book".

**The seed was planted.**

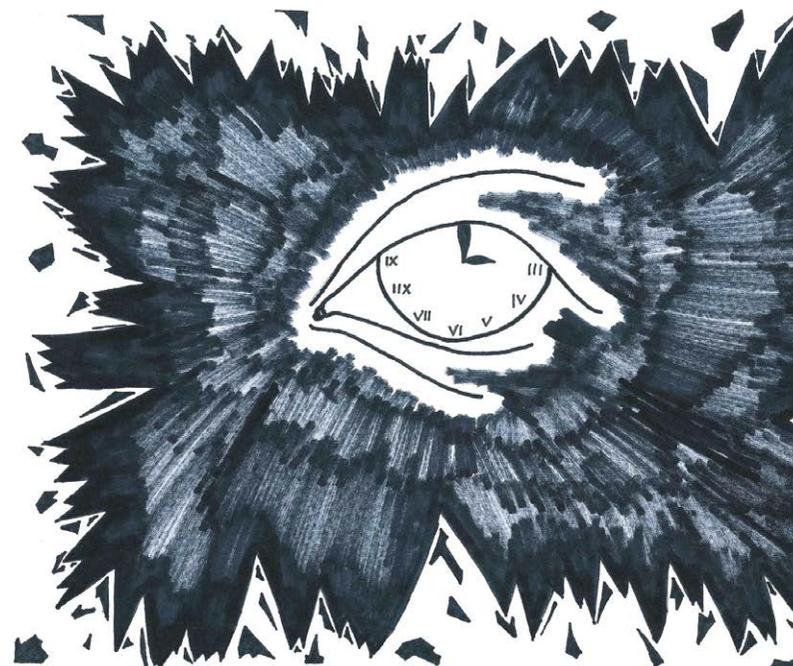
I gathered poems from my full binders and wrote new ones, sometimes sitting by myself for the entire night. The book seemed to almost make itself. Meanwhile, I began to understand that my poems needed something more... something visual. As a designer and artist, I could do my own artwork, yet I wanted another view. I yearned for something unique.

print The List). I am excited that it is currently available in bookstores and libraries around town. I am also deeply grateful — especially to Poesikveld. If I hadn't attended that special evening (and many thereafter), I would not have gained the courage to make a book.

Working with children as legitimate artists, especially in literature, is unprecedented. And this new literary genre sprang up from the cultural life of Trondheim! So I continue to support poetry events in Trondheim, such as PoesiKafé and Poesipub. These events welcome internationals and offer support for creative literature, no matter whether you are a novice who's yet to put a word to the page or a published poet. So my advice to you is: just go and join. Raise your hand for the open mic. Trust yourself. Write. You are safe.

**“ JUST GO AND JOIN. RAISE YOUR HAND FOR THE OPEN MIC. TRUST YOURSELF. WRITE.**

Challenges, and rewards, await. Try it. You will not regret it. Listen. Think. Observe. Enjoy others' poetry even though it may be unfamiliar. Visualise images as they spring from words. Meet people. Keep writing. Break boundaries. Be inspired. And most importantly, let it all unfold.



# DOKKhuset

**jazz/chamber/contemporary/folk**

## **SOME OF THE 2023 WINTER/SPRING ARTISTS @ DOKKHUSET SCENE**

- **Melissa Aldana Quartet**
- **Nik Bärtsch (solo piano)**
- **Frode Haltli Avant Folk II**
- **Mariana Mazú Iriarte**
- **Flukten & Superspreder**
- **Chris Potter Quartet**
- **Aki Takase´s JAPANIC**
- **Team Hegdal**
- **Rachel Eckroth & Tim LeFebvre**
- **Kåre Kolve Fusion Quartet**
- **Solveig Slettahjell**
- **Sullivan Fortner (solo piano)**
- **The Source – 30th Anniversary Tour**

**AND MANY MORE...**

**WWW.DOKKHUSET.NO + INSTAGRAM & FACEBOOK**



IN THIS ISSUE

# PREVIEWS & LISTINGS



## THE CHRISTMAS MARKET

Every single person in Trondheim looks forward to the annual Christmas market held at Torvet, the city's main square. No matter whether you're a diehard Christmas lover or a grouchy Grinch, you'll be able to find something to enjoy. The market has more than 80 booths, filled with wonderful vendors who specialise in locally produced food and craft. The magical Ferris wheel with its twinkling lights adds to the fairy tale atmosphere and is only a stone's throw away from Trondheim's tallest Christmas tree. Then

there's the Lavvoen, a delightful pop-up tavern in a tent with more than 500 seats for people to enjoy seasonal drinks, live music, and delicious dishes like Portuguese bacalao and Trønder reindeer burgers. The market is open every day from 11:00-19:00 while the Lavvoen is open until 20:00, and longer on Wednesdays and Fridays, until 22:00.

### OUT & ABOUT

**DATE**  
December 1-18,  
11AM-7PM

**PLACE**  
Torvet

**PRICE**  
Free

**INFO**  
julemarkedet-trondheim.no



### ART & CULTURE

**DATE**  
January 13, 5 PM

**PLACE**  
Bomb shelter, Olavshallen

**PRICE**  
Free

**INFO**  
olavshallen.no

## OPENING OF FRAGILE FEARS

Fragile Fears - on the edge of Ukrainian and Norwegian mythology is a unique photo exhibition held by den Ukrainske Forening i Trondheim. The series depicts nine creatures that show the shared mythological motifs between the two different cultures. In addition to large-scale photos of each creature, visitors will be able to read about the items and the meaning of various Ukrainian symbols hidden in the craft.

The opening of Fragile Fears will be on Malanka, Ukrainian New Year's Eve, which takes place on Friday, January 13th and will be open until the end of the month. Malanka is rich in ancient rituals, folklore, and magic.

## TRONDHEIM CALLING

Trondheim Calling is one of Norway's largest industry festivals in music. Every year, the festival showcases a host of new Norwegian artists on the verge of their major breakthroughs. Trondheim calling is a unique experience as it's held at various venues in the city centre which creates an electrifying atmosphere as music fans take over the city. So join thousands of other music lovers in Trondheim February 9th-11th for 90 incredible concerts!



### MUSIC & NIGHTLIFE

**DATE**  
February 9–11

**PLACE**  
Trondheim City Centre

**PRICE**  
890 NOK

**INFO**  
trondheimcalling.no



## CHRISTMAS AT SVERRESBORG

Walking through one of Norway's largest open-air museums in its full festive glory is an unparalleled experience. During the first two weekends of December, you can enjoy the magic of Christmas at Sverresborg with your kids through a unique holiday programme. Everything is beautifully illuminated and you can hear live Christmas music, and fill your heart with nostalgia as the Yuletide smells waft through the crisp winter air. Sverresborg has an idyll of its own during Christmas, with little elves running around and

hiding, entertaining the children, along with gingerbread baking, Christmas carolling, and traditional gløgg. Let's hope for snow, as that is all that Sverresborg needs for the perfect julestemning!

### OUT & ABOUT

**DATE**  
December 3–4 & 10–11

**PLACE**  
Sverresborg

**PRICE**  
0-180 NOK

**INFO**  
sverresborg.no



# CHRISTMAS CONCERTS IN NIDAROSDOMEN

Nidaros Cathedral and Vår Frue Kirke host a slew of Christmas concerts all through the month of December for the beginning of Advent. There is a concert for almost any occasion, in addition to concerts by the girl and boy choirs of Nidarosdomen and other Christmas festivities, masses, and organ meditations.

### OTHER HIGHLIGHTS:

- Dec 2:** J.S. Bach's Christmas Oratorio, 7:30PM at Nidarosdomen
- Dec 3:** "Jul hos aille no" concert, 6PM at Vår Frue Kirke
- Dec 5:** Helene Bøksle's Christmas concert, 6PM at Vår Frue Kirke
- Dec 7:** The Bymisjonen's Christmas concert, 6PM at Vår Frue Kirke

- Dec 9:** "Deilig er jorden" Christmas concert, 6PM & 8:30PM at Nidarosdomen
- Dec 10:** Christmas concert with Ensemble Dali, 6PM at Vår Frue Kirke
- Dec 11:** "Julefred" concert, 7PM at Nidarosdomen
- Dec 14:** Bettan and Are Hembre on Christmas tour, 6PM at Vår Frue Kirke
- Dec 17:** "Lang desember natt" with Frode Alnæs, 6PM at Vår Frue Kirke
- Dec 19:** "Julefolk kirkekonsernt", 6:30PM & 9PM at Vår Frue Kirke

### MUSIC & NIGHTLIFE

**DATE**  
Various

**PLACE**  
Nidaros Cathedral, Vår Frue Kirke

**PRICE**  
Various

**INFO**  
nidarosdomen.no



## HOLY CRAP WINTER MARKET

It is in the middle of the dark season, and we have to survive a few more weeks until the sun turns to brighter times. That's why the doors of the Verkstedhallen will be open for the Holy Crap Winter Market. This mix of social gathering and market is part of the Lamoløypa which takes place on the same day.

There will be sales of various local arts and crafts, design, vintage, vinyl, honey, and other flea market goods and wares. Some artists you will see there are: Brutal Kuk - merch, KasqDesign, Childhood Design (Anna Maria Schmidberger Karlsen), Todal Music & Canning, Llama market, Sorgenfri, Stoltz Candlesticks (Solveig), Naboland, Schwarzer - Graphics, Kallen and co. (Eugenia), Kriskiart, Ekaterym (Katja Vasileva), Ivar Matlaus Bokkafe, Hanna Fauske, and Vikobelo.

OUT & ABOUT	
<b>DATE</b>	<b>December 4, 12-6PM</b>
<b>PLACE</b>	Verkstedhallen & Lobbyen
<b>PRICE</b>	Free
<b>INFO</b>	verkstedhallen.no



# VISIT MEDIEVAL TRONDHEIM

The medieval exhibition is one of the entertaining and incredibly informative experiences the NTNU University Museum offers. Here you get a chance to see what the city of Trondheim looked like more than 800 years ago. There's a partial life-size replica of the city's first shopping street, Kaupmannastretet, with a recreation of houses that once stood there. This is the street Tora, Trondheim's

oldest 'living' resident, might have lived on — but you can read more about her in our coverage earlier in this issue. The stories the archaeological finds tell about Trondheim's past range from the intricacies of everyday life — like the toys children used to play with — to vast histories of seismic religious shifts, such as the runes of the famous Kulisteinen refer to.

OUT & ABOUT	
<b>DATE</b>	<b>Ongoing</b>
<b>PLACE</b>	NTNU University Museum
<b>PRICE</b>	70-120 NOK
<b>INFO</b>	ntnu.edu/museum

# JULEJAZZ BY JAZZFEST



Jazzfest is back with its yearly dose of amazing Julejazz! Keep up the Christmas tempo at Trondheim's largest indoor jazz event, which has become a popular meeting place for all the city's music lovers around the holidays. Anna Berentina Røe Band, Elisabeth Nygård-Pearson, ARABA, Mambo Companeros, Pangea, Mona Krogstad, Sæbø/Leite/Robertstad, Anne-Lise Heide, and many more artists are set to make this a night to remember! The doors open at Scandic Nidelven Hotel at 5 pm and the fun will kick off an hour later and keep going well past midnight!

MUSIC & NIGHTLIFE	
DATE	<b>December 28</b>
PLACE	Scandic Nidelven Hotel
PRICE	525-625 NOK
INFO	jazzfest.no



## OUTDOOR SCREENING OF HARRY POTTER

FILMS & THEATRE	
DATE	<b>December 8, 5PM</b>
PLACE	Cafe Ni Muser
PRICE	80 NOK
INFO	kosmorama.no

Enjoy a magical Christmas evening with a film screening of Harry Potter and the Philosopher's Stone under the open sky. In the garden of Café Ni Muser, there will be a big screen rigged with a projector especially for the occasion. Dress warmly and bring your friends, colleagues, family, house member, other muggles, or come alone.

Café Ni Muser is open before the screening and serves a buffet and other hot dishes. During the film screening, it will be possible to buy Christmas cocoa, coffee, and other goodies.

**Hot tip:** Bring your sleeping bag and wizard robes to stay extra cosy warm. English audio. Norwegian subtitles.



# TRONDHEIM TECH PORT

This year's theme is 'Bridging the Gap' and the focus will be on technology within health, oceans, energy, and digitalisation. Innovation is built on knowledge-sharing and it's often the result of joint efforts between different actors. Companies working together with public administrations, startups born out of academia, decision makers facilitating capital investments, and through interpersonal relationships. However, these connections are rarely predefined and set in stone.

This is the gap that Trondheim Tech Port wants to bridge!

So join TTP to share your experiences, participate in celebrating successes, and expand your network to help solve the challenges of the future.

WORKSHOPS & LECTURES	
DATE	<b>March 20, 10AM-8PM</b>
PLACE	Olavshallen
PRICE	TBA
INFO	trondheimtechport.no

# KOSMORAMA FILM FESTIVAL

Despite the dubious weather, March is a real treat in Trondheim. Why? Because that's when Kosmorama Film Festival opens its doors to the city's cinephiles. Every year, the festival offers a stunning array of films from all over the world. These are stories you can't experience in regular cinemas, so make sure you don't let this opportunity pass you by.

Kosmorama involves a lot more than just watching movies, though. The full festival experience means getting to ask the filmmakers themselves about their art, experiencing films in new settings (previous favourites include watching Jaws in a

swimming pool), and discussing your experiences with other film enthusiasts, perhaps over a drink at the end of the day's programme. The programme is still shrouded in mystery, but if previous years are anything to go by, you'll want to add Kosmorama to your calendar right now!

FESTIVAL	
DATE	<b>March 6-12</b>
PLACE	Prinsens Kino
PRICE	480 NOK for a 5-movie punch card
INFO	kosmorama.no



## CHRISTMAS PUNK FOR KIDS!

'Julepunk for kids' is back at Coffee Annan in ISAK culture centre. ASTMATISK GAPSKRATT, MURDER MAIDS, and DEP will be stepping on stage and the concert will be open to children (and their parents) along with people under 26 years old.

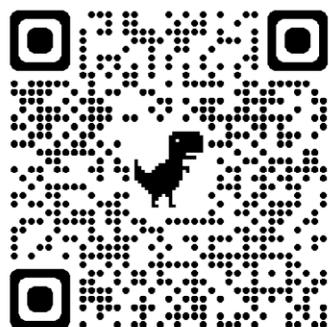
OUT & ABOUT	
DATE	<b>December 8, 6PM</b>
PLACE	Coffee Annan
PRICE	Free
INFO	isak.no

## CHRISTMAS MARKET AT HAVET

Darkness descends over the city, and to lighten things up, local artists and craftsmen come together in one of Trondheim's most exciting districts, Nyhavna. They will exhibit an exciting selection of embroidery, ceramics, lino printing, painting, drawing, good food, roasted almonds, recycled clothes, and textile repair.

Enjoy the Christmas atmosphere with a workshop where you can make something for friends and loved ones yourself, or by buying from the skilled artists present. You can also sit by the fire, have a hot cocoa or watch the film that's showing while you're there.

OUT & ABOUT	
DATE	<b>December 10-11</b>
PLACE	HAVET Arena
PRICE	Free
INFO	havetarena.no



**FOLLOW US ON INSTAGRAM FOR MORE EVENTS!**

**THE LIST**

# LISTINGS DECEMBER

## ART AND CULTURE

## Meet a medieval person Exhibition

Ongoing

An exhibition at NTNU's science museum that recreated a medieval woman that died in Trondheim in the 14th century based on her skeleton that was excavated on the site of today's main library.

NTNU Vitenskapsmuseet  
English and Norwegian  
120 NOK - Adults / 70 NOK - Students  
ntnu.no/museum  
@ntnuvitenskapsmuseet

## ART AND CULTURE

## Den fantastiske skogen Exhibition

Ongoing

"The fantastic forest" is an exhibition about life in the forest, and how we can take care of it.

NTNU Vitenskapsmuseet  
English and Norwegian  
120 NOK - Adults / 70 NOK - Students  
ntnu.no/museum  
@ntnuvitenskapsmuseet

## ART AND CULTURE

## Kari Lena Flåten Exhibition

Now – December 18, 2022

An exhibition featuring sculptures by Kari Lena Flåten, in collaboration with Galleri Lilje.

Galleri 7  
Language Independent  
Free  
galleri7.com  
@galleri\_no7

## ART AND CULTURE

## EPOCH: The era of Digital Graphic Art Exhibition

Now – December 18, 2022

A collective digital graphic art exhibition featuring 4 local artists: Knut Løvås, Yuri Ivanov, Petter Jørgensen, Tone Severe.

Lager 11  
Language Independent  
Free  
galleri7.com  
@galleri\_no7

## ART AND CULTURE

## Your Gaze Makes Me: Wendimagegn Belete Exhibition

Now – December 18, 2022

An exhibition of an internationally renowned artist that embodies a range of expressions including video, painting, photography and text. Persistent in his practice are references to his Ethiopian origins.

Trøndelag Senter for Samtidskunst  
Language Independent  
Free

## SAMTIDSKUNST.NO ART AND CULTURE

## Bevare meg vel Exhibition

Now – December 31, 2022

This exhibition highlights Sverresborg's museum collection and might appear as a mystical and dark basement, filled with old and dusty objects.

Sverresborg Museum  
Language Independent  
140 NOK - Adults / 120 NOK - Students  
sverresborg.no  
@sverresborgmuseum

## ART AND CULTURE

## Tid og Flid Exhibition

Now – December 31, 2022

An exhibition that presents craft techniques that are in danger of being forgotten in collaboration with the handicraft associations of Trondheim and Malvik.

Sverresborg Museum  
Language Independent  
140 NOK - Adults / 120 NOK - Students  
sverresborg.no  
@sverresborgmuseum

## ART AND CULTURE

## Exhibition OBSTRUCTION, An Aesthetic Experience in Art & Design // Tania Winther

Now – December 4, 2022

Every Friday, Every Saturday, Every Sunday  
5:00 PM – 4:00 PM

We are glad to invite you to the exhibition OBSTRUCTION of our guest artist Tania Winther. Opening 11. November at 17.00. Tania is a multi-media artist, designer and interior designer, located in Trondheim, Norway. Her creative expression finds inspiration through her interdisciplinary approach to all designs, illustrations and paintings, lino-cut and woodcut. With a wide background in both the sciences and the arts, she provides the viewer with great amusement and interest.

AKRON gallery, Øvre Bakklundet 17  
English  
Free  
http://www.akrongallery.com/exhibitions/obstruction-tania-winther

## ART AND CULTURE

## Ulv! Ulv! Exhibition

Now – February 1, 2023

An exhibition at NTNU's science museum featuring research about Norway's native wolves and their interactions with humans. This exhibition delves into the Norwegian debate about wolves that has raged for many years.

NTNU Vitenskapsmuseet  
English and Norwegian  
120 NOK - Adults / 70 NOK - Students  
ntnu.no/museum  
@ntnuvitenskapsmuseet

## ART AND CULTURE

## Marthe Elise Stramrud: Get Up Exhibition

Now – January 15, 2023

Atypical ceramics exhibition by artist Marthe Elise Stramrud

Trondheim Kunst Museum  
language independent  
140 NOK - Adults / 80 NOK - Students  
@trondheimkunstmuseum  
@trondheimkunstmuseum

## ART AND CULTURE

## Arne Ekeland Exhibition

Now – January 29, 2023

An exhibition of paintings and drawings by Arne Ekeland - a late communist, with several works that have never been shown before, putting his work into the context of today's young art scene.

K-U-K  
Language Independent  
Free  
k-u-k.no  
@k.u.k\_ungkunst

## ART AND CULTURE

## Håvard Homstvedt Exhibition

Now – January 29, 2023

Sculpture and painting exhibition showing Håvard's latest work, with several pieces created especially for this exhibition. Heads and people are central to the circle of motifs, combining realistic and abstract design languages in a lush colour palette.

K-U-K  
Language Independent  
Free  
k-u-k.no  
@k.u.k\_ungkunst

## ART AND CULTURE

## Ingvild Eiring Diorama Exhibition

Now – January 29, 2023

A three-dimensional tableau exhibition of dioramas featuring dressed-up mice in various interior scenes created by costume designer Ingvild Eiring.

K-U-K  
Language Independent  
Free  
k-u-k.no  
@k.u.k\_ungkunst

## ART AND CULTURE

## Erin Murphy Exhibition

Now – January 29, 2023

An exhibition featuring various modalities such as painting, drawing, plexiglass and installations that engages with findings from the archaeological excavations from K-U-K's site and in collaboration with NIKU.

K-U-K  
Language Independent  
Free  
k-u-k.no  
@k.u.k\_ungkunst

## ART AND CULTURE

## Tilbakeblikk Exhibition

Now – January 8, 2023

A collective art exhibition featuring 7 different artists: Hege Rasmussen, Åse Fagervik, Thea Kiaer, Ellen Eikenes, Annette Five Wefring, Jørgen Sognes, Camilla Vavik Pedersen.

Galleri 7  
Language Independent  
Free  
galleri7.com  
@galleri\_no7

## ART AND CULTURE

## The Future Is \_\_\_ Exhibition

Now – March 3, 2023

An art exhibition in celebration of Queer Culture Year.

Trondheim Kunst Museum  
language independent  
140 NOK - Adults / 80 NOK - Students  
@trondheimkunstmuseum.no  
@trondheimkunstmuseum

## OUT AND ABOUT

## Pizza and boardgames w/ Ungt Nettverk

December 1

6:00 PM

Free event for people between 16 and 25 that might have experienced loneliness or other challenges and want to meet other young people. Ungt Nettverk offers a safe space for conversation, support, and having fun.

ISAK Kultursenter  
English and Norwegian  
Free  
isak.no

## ART AND CULTURE

## Åpent Akademi (Open Academy)

December 2

12:00 PM – 8:00 PM

Visit the artist ateliers at Kunstakademiet i Trondheim to get a sneak peek into the works in progress and studios of the students – as well as gain insight into the courses and programs that inspire the students' work.

Kunstakademiet i Trondheim  
Language Independent  
Free  
ntnu.no/kit  
@kit\_ntnu

## MUSIC AND NIGHTLIFE

## BEIST

December 2

9:00 PM

Catchy village pop by people from all corners of the country. BEIST puts on an energetic and charming live show, plays sold-out concerts and have been booked for several major festivals around the country. Plus, they have a mandolin.

@byscenen  
Language Independent  
465 NOK  
byscenen.no  
@byscenen

## MUSIC AND NIGHTLIFE

## Kropp

December 2

8:30 PM

Kropp plays wild pop and rock'n'roll with Norwegian lyrics and a clear nod in the direction of bands such as DeLillos, Kjøtt and The Aller Værste.

Fru Lundgreen  
Language Independent  
250 NOK - Adults / 200 NOK - Students  
konsertkollektiv.no

# LISTINGS DECEMBER

## WORKSHOPS AND LECTURES

### Endings and Beginnings - Last Cacao Ceremony of 2022

December 2  
6:00 PM

Welcome to the last cacao ceremony of this year. Let's evaluate 2022, let go of what did not serve us and move into 2023 with new intentions!

Trondheim Taiji Senter  
English  
280/230/330  
<https://fb.me/e/2w49POvCy>  
@lolaughaha

## OUT AND ABOUT

### Christmas in Sverresborg

Dec 3-4 and Dec 10-11

A weekend of lovely Christmas atmosphere with decorations covering the outdoor and indoor museum – choral singing, live music, Santa Claus, games, nice family activities in the workshops, daily tours, Christmas porridge, mulled wine and more.

Sverresborg Museum  
Language Independent  
140 NOK - Adults / 120 NOK - Students  
sverresborg.no  
@sverresborgmuseum

## OUT AND ABOUT

### Forfatternes Julemarked

December 3  
12:00 PM – 3:00 PM

Christmas market for local literature and local authors. You will have the opportunity to buy literary treats for cheap, have chats with authors and get newly purchased books signed.

Trondheim Folkebibliotek  
Language Independent  
Free  
litteraturhusetitronheim.no

## ART AND CULTURE

### Holy Crap Vintermarked

December 4  
12:00 PM – 6:00 PM

Winter market at Verkstedhallen & Lobbyen

Verkstedhallen & Lobbyen - Strandveien 29, Trondheim  
Language Independent  
Free  
verkstedhallen.no

## MUSIC AND NIGHTLIFE

### Speakeasy Great Gatsby Party

December 4  
8:00 PM

Prohibition time is in. Christmas time is in. And what a better way to celebrate than a Great Gatsby themed party? Come dance with us, as this will be done the speakeasy way – in glamour, style, extravagance, secrecy, and drinks. All you need to do is dress for the occasion.

@byscenen  
Language Independent  
175 NOK  
byscenen.no  
@byscenen

## MUSIC AND NIGHTLIFE

### Petter's JazzJam #44

December 6  
7:00 PM – 11:59:00 PM

Petter's Jazzjam combines swinging jazz music with absurd performance art, full party and joy of playing.

Lokal  
Language Independent  
100 NOK  
lokal.bar  
@lokal.trhm

## OUT AND ABOUT

### Realm 2

December 6  
6:00 PM

A showing of Riget 2 (Realm 2) a Danish film about the Danish National Hospital where doctors, nurses, patients, ghosts and misfits appear in a wild, chaotic round dance. In Cinemateket, Trondheim's niche film theatre. Danish speech. English subtitles.

Cinemateket  
English  
120 NOK - Adults / 90 NOK - Students and Members  
cinemateket-trondheim.no  
@cinematekettrh

## MUSIC AND NIGHTLIFE

### Christmas with Nordic Tenors

December 7  
6:00 PM

The famous tenor trio puts on a concert along with their virtuoso pianist Torgeir Koppang that is guaranteed to put you in the Christmas mood.

Olavshallen  
Language Independent  
585 NOK

## OLAVSHALLEN, NOOUT AND ABOUT

### The Future is Flow: Morning Dance

December 7  
6:45 AM

A 2-hour morning dance practice to dance and meditative music.

Trondheim Kunstmuseum  
Language Independent  
Free  
@trondheimkunstmuseum.no  
@trondheimkunstmuseum

## OUT AND ABOUT

### Knit and Talk!

December 7  
6:00 PM

Perfect place to meet people, share passion for needlework, and for those who want to practice Norwegian. Here it will be possible to share experiences about knitting and knitting projects, learn to knit, or get help from others if there is something you do not quite get.

Rosendal Teater  
English and Norwegian  
Free  
rosendalteater.no

## ART AND CULTURE

### Kunna Guanna Concha Exhibition

December 8 – March 12

An exhibition that brings together works by artists Sissel M. Bergh, Carolina Caycedo, and Elin Már Øyen Vister that focuses on matrilineal lineages and aims to bring forth Indigenous, queer, and eco-feminist perspectives.

Kunsthall  
English and Norwegian  
Free  
kunsthalltrondheim.no  
@kunsthalltrondheim

## ART AND CULTURE

### Desember poesifest // December Poetry Party,

December 8 Hver 2 måned  
6:00 PM – 9:30 PM

"As We are left with a few weeks to go to usher in the New Year 2022, Let end this year poetically and creatively, bring a poem of your own to read, or one by your favorite author. Our evening will be embellished by cheese & wine and some snacks courtesy of Stammen Café."

Stammen Café & Bar, Kongens gate 55, Trondheim, Norway  
English, Norwegian, Multilingual  
TBA  
<https://fb.me/e/3EnYgWcFI>

## MUSIC AND NIGHTLIFE

### Christmas Concert with Knauskoret and S. Møller Storband

December 8  
6:15 PM – 7:45 PM

Hear Knauskoret and S. Møller Storband at Byscenen playing Christmas classics and new arrangements that guarantee to bring the Christmas spirit to Trondheim on this fine evening.

Byscenen - Utenfor Huset  
Language Independent  
150 NOK - Students / 220 NOK - Adults  
@byscenen

## MUSIC AND NIGHTLIFE

### Christmas Punk for Kids!

December 8  
6:00 PM

Julepunk for kids' is back at Coffee Annan in ISAK culture centre. ASTMATISK GAPSKRATT, MURDER MAIDS, and DEP will be stepping on stage and the concert will be open to children (and their parents) along with people under 26 years old.

Coffee Annan  
Norwegian  
Free  
isak.no

## OUT AND ABOUT

### Outdoor Screening of Harry Potter and the Philosopher's Stone by Kosmorama

December 8  
5:00 PM

True to tradition, the Kosmorama Film Festival invites you to a magical Christmas evening with a film screening under the open sky at Cafe Ni Muser. Hot tip: bring a sleeping bag and stay extra cosy warm. English speech. Norwegian subtitles.

Cafe Ni Muser  
English and Norwegian  
80 NOK  
kosmorama.no  
@kosmoramafilm

## WORKSHOPS AND LECTURES

### Fullmåneseremoni

December 8  
Every full moon (once a month)  
7:00 PM

Full moon ceremony with meditation and sharing circle

Soulbody, Rosenborg gate 13 a  
English and Norwegian  
200 NOK  
@soulbody.no  
@soulbody.no

## MUSIC AND NIGHTLIFE

### Senjahopen

December 9  
8:30 PM

A concert for Senjahopen's fifth album "Ingen Kjære Mor" – an album that is said to be permeated with the scent of beer, summer, and festival. You can expect to hear both party songs and thoughtful gems.

@verkstedhallen  
Language Independent  
325 NOK  
verkstedhallen.no  
@verkstedhallen

## MUSIC AND NIGHTLIFE

### Oslo Ess

December 9  
8:30 PM

One of Norway's most reliable and hardworking rock bands. With a thousand concerts behind them in this fine country, the storytelling ability of this group has enchanted rock audiences for over ten years now.

@byscenen  
Language Independent  
375 NOK  
byscenen.no  
@byscenen

## MUSIC AND NIGHTLIFE

### Vegetar Julebord

December 9  
4:30 PM – 8:00 PM

A vegetarian and alcohol-free Christmas party. Here you will enjoy a vegetarian Christmas dinner, meet nice people, see a small house concert, listen to live meditation music.

Trondheim Meditasjon & Yoga  
English and Norwegian  
450 NOK - Adults / 350 NOK - Students and Children  
trondheimmeditasjon.no  
@trondheimmeditasjon

# LISTINGS DECEMBER

## OUT AND ABOUT

### White Noise

December 9  
6:00 PM

A showing of White Noise — a film that is funny and terrifying, poetic and absurd, ordinary and apocalyptic — all at once. Themes of love, death and the possibility of finding happiness in an uncertain world surrounding an American family. In Cinemateket, Trondheim's niche film theatre. English Speech, Norwegian Subtitles.

Cinemateket  
English and Norwegian  
120 NOK - Adults / 90 NOK - Students and Members  
cinemateket-trondheim.no  
@cinematekettrh

## ART AND CULTURE

### The Anthropocene Cookbook Exhibition

December 10 – January 22

An exhibition that showcases selected material from The Anthropocene Cookbook: Recipes and Opportunities for Future Catastrophes — a book that takes our planetary state of emergency as an opportunity to imagine constructive change and new ideas.

TEKS  
English  
Free  
@teks.no  
@teks.no

## MUSIC AND NIGHTLIFE

### Daufødt + support

December 10  
8:30 PM

A concert by Daufødt — a band that has become a force to be reckoned with in the Norwegian rock scene. Their sound is firmly based in punk, noise rock, free improvisation, and dark underground.

@verkstedhallen  
Language Independent  
240 NOK  
verkstedhallen.no  
@verkstedhallen

## MUSIC AND NIGHTLIFE

### Den Store Yuletrefest VIII (Christmas Party)

December 10  
10:00 PM

An alternative Christmas party for pop and rock lovers — a party that is rising from the dead after lying dormant for a couple years due to reasons we all know. A night of music and festivities awaits.

@byscenen  
Language Independent  
350 NOK  
byscenen.no  
@byscenen

## OUT AND ABOUT

### White Noise

December 10  
4:00 PM

A showing of White Noise — a film that is funny and terrifying, poetic and absurd, ordinary and apocalyptic — all at once. Themes of love, death and the possibility of finding happiness in an uncertain world surrounding an American family. In Cinemateket, Trondheim's niche film theatre.

English Speech, Norwegian  
Cinemateket  
English and Norwegian  
120 NOK - Adults / 90 NOK - Students and Members  
cinemateket-trondheim.no  
@cinematekettrh

## OUT AND ABOUT

### Julemarked på HAVET

December 10 – December 11  
1:00 PM – 5:00 PM

Christmas market at HAVET Arena

HAVET  
Language Independent  
Free  
havetarena.no  
@havetarena

## OUT AND ABOUT

### White Noise

December 11  
8:45 PM

A showing of White Noise — a film that is funny and terrifying, poetic and absurd, ordinary and apocalyptic — all at once. Themes of love, death and the possibility of finding happiness in an uncertain world surrounding an American family. In Cinemateket, Trondheim's niche film theatre. English Speech, Norwegian Subtitles.

Cinemateket  
English and Norwegian  
120 NOK - Adults / 90 NOK - Students and Members  
cinemateket-trondheim.no  
@cinematekettrh

## OUT AND ABOUT

### The Red Shoes

December 11  
6:00 PM

A showing of a dramatic story of a young ballerina that became one of the biggest box-office successes in British film history. In Cinemateket, Trondheim's niche film theatre. From 1948.

English Speech,  
Cinemateket  
English  
120 NOK - Adults / 90 NOK - Students and Members  
cinemateket-trondheim.no  
@cinematekettrh

## OUT AND ABOUT

### Mental Health Youth Julelunsj

December 11  
12:00 PM

Alcohol-free Christmas lunch by Mental Helse Ungdom Trondheim for local members and others.

Stammen Café  
Language Independent  
0 NOK - Members / 60 NOK - Non-Members  
mentalthelseungdom.no  
@mhutondheim

## OUT AND ABOUT

### Søndagsmarked (Sunday Market)

December 11  
1:00 PM – 6:00 PM

An indoor market that is open to anyone who wants to sell used items, clothing, new designs, plants, collectibles or other small items. Lager 11's street food hall will be open throughout. Come find some treasures.

Lager 11  
Language Independent  
Free  
lager11.no  
@lager\_11

## WORKSHOPS AND LECTURES

### Introkurs i krystaller

December 11  
12:00 PM – 2:00 PM

Crystals have long been used to promote the flow of good energy and has many healing benefits. In this intro course you will learn how to use crystals, the way to cleanse and charge them and the benefits of some of the main crystals that are used. No earlier knowledge is needed.

Soulbody, Rosenborg gate 13 a  
English and Norwegian  
450 NOK  
@soulbody.no  
@soulbody.no

## MUSIC AND NIGHTLIFE

### A festival of nine lessons and carols

December 13  
6:00 PM

For nearly fifty years Trondheim Anglicans has hosted a Traditional Lessons & Carols Service in Nidaros Cathedral. Join to sing in the season with well-loved English Christmas Carols."

Nidarosdomen  
English  
Free  
nidarosdomen.no

## MUSIC AND NIGHTLIFE

### Joel Sarakula

December 14  
8:00 PM

Soulful soft-rock songs live at the piano in Antikvariatet. Disco-influenced music with a sun-drenched, summery and borderline tropical feel played by a musician with vintage vibes.

@antikvariatet  
Language Independent  
TBA  
facebook.com/antikvarene

## MUSIC AND NIGHTLIFE

### reconstruction ii/the textile factory

December 14  
7:00 PM

Contemporary composer and cellist Lene Grenager welcomes you to a multimedia performance you will not forget."

Rosendal Teater  
Language Independent  
75-250 NOK  
rosendalteater.no

## MUSIC AND NIGHTLIFE

### Raindogs – celebrating Tom Waits!

December 15  
9:00 PM

Tom Waits' universe is in incredible dense and full of meaning. The orchestra Raindogs has decided to recreate it in front of an audience, now that the man himself has almost stopped playing concerts.

Dokkhuset  
Language Independent  
320 NOK  
dokkhuset.no

## FESTIVALS

### Julefred

December 16 – December 18

A donation-based weekend with Taiji and Qigong, in the run-up to Christmas dedicated to lowering your shoulders, breathing deeply and letting go. This weekend is for everyone, and is "donate what you can/want". Sunday ends with this year's Juleqi table, with a basket party, and a good atmosphere.

Trondheim Taiji Senter  
English and Norwegian  
Donation Based  
taijitrondheim.no  
@trondheimtaijisenter

## MUSIC AND NIGHTLIFE

### Afrolatin Dansefest (Christmas Edition)

December 16  
9:00 PM

This is a dance party featuring kizomba, bachata, salsa, kompa, afrobeats, semba, merengue and much more.

HAVET Arena  
Language Independent  
50 NOK - Students / 100 NOK - Adults  
havetarena.no  
@havetarena

## MUSIC AND NIGHTLIFE

### Thousand Islands Julebonanza!

December 17  
8:30 PM

The sweat-driven locomotive Thousand Island organizes for the ten thousandth time a Christmas Bonanza in Verkstedhallen for those of you who cannot face the holidays without dancing uncontrollably to loud music.

@verkstedhallen  
Language Independent  
170 NOK  
verkstedhallen.no  
@verkstedhallen

## MUSIC AND NIGHTLIFE

### Adam Douglas - An American Holiday

December 17  
8:00 PM

Adam Douglas invites you to a grand Christmas concert. "An American Holiday" is the resolution of Adam's dream to present real American Christmas music to Norway.

Olavshallen  
Language Independent  
595 NOK  
olavshallen.no

# LISTINGS DECEMBER – JANUARY

## MUSIC AND NIGHTLIFE

### Christmas w/ Trondheim's leading impro musicians!

December 17  
7:00 PM

NyMusikk Trondheim puts you in the right Christmas mood as brilliant musicians from Trondheim's rich music scene step on stage. The 12 invited musicians all have a love for impro and contemporary music. Expect interpretations of Dolly Parton, Elvis Presley, Townes Van Zandt and more – this will swing, it is a promise!

Rosendal Teater  
Language Independent  
TBA  
rosendalteater.no

## OUT AND ABOUT

### It's a Wonderful Life

December 17  
6:00 PM

A showing of a christmas movie from 1946 in black and white. In Cinemateket, Trondheim's niche film theatre. English Speech.

Cinemateket  
English  
120 NOK - Adults / 90 NOK - Students and Members  
cinemateket-trondheim.no  
@cinematekettrh

## OUT AND ABOUT

### It's a Wonderful Life

December 18  
8:30 PM

A showing of a christmas movie from 1946 in black and white. In Cinemateket, Trondheim's niche film theatre. English Speech.

Cinemateket  
English  
120 NOK - Adults / 90 NOK - Students and Members  
cinemateket-trondheim.no  
@cinematekettrh

## MUSIC AND NIGHTLIFE

### IL DIVO Greatest Hits & Christmas Tour

December 19  
8:00 PM

"The famous quartet is coming to treat Trondheim to a magnificent concert of pop classics and well-known Christmas songs in opera costume."

Trondheim Spektrum  
Language Independent  
935 NOK and up  
trondheimspektrum.no

## OUT AND ABOUT

### Christmas Chess tournament

December 28 – December 28  
3:00 PM – 6:00 PM

Fuzzsjakk will be throwing a Christmas tournament at Edge Barbershop December 28th from 15-18 o'clock.

Edge Barbershop  
Norwegian  
200 NOK and 150 NOK for students

## MUSIC AND NIGHTLIFE

### Julejazz

December 28  
6:00 PM

Julejazz in December has become an annual Christmas tradition, and is a popular meeting place for all the city's music lovers. This is the city's largest indoor jazz event under one roof and will keep going non-stop until well past midnight!

Scandic Nidelven  
Language Independent  
625 NOK  
@jazzfest.no  
@jazzfest.no

## MUSIC AND NIGHTLIFE

### La Nativité de Seigneur - organ concert

December 28  
6:00 PM

"La Nativité de Seigneur" by Olivier Messiaen will be performed on the Steinmeyer organ by Jonas Apeland Salomonsen.

Nidarosdomen  
Language Independent  
220 NOK / 170 NOK for students  
nidarosdomen.no

## MUSIC AND NIGHTLIFE

### New Year's concert with Trondheim's symphony orchestra

January 6  
7:00 PM

Adresseavisen & TSO's annual New Year's concert will continue the tradition of ringing in the new year with a musical firework display! The night will be filled with musical treats and events such as the awarding of 'Trønder of the year'.

Olavshallen  
Norwegian  
685 NOK

## OUT AND ABOUT

### The Future Is Flow: Sweat Your Prayers

January 8  
9:45 AM

A drop-in 3 hour intuitive dance session and self-practice called 5 rhythms that is lightly guided, mostly without words or instruction.

Trondheim Kunstmuseum  
Language Independent  
Free  
@trondheimkunstmuseum.no  
@trondheimkunstmuseum

## ART AND CULTURE

### Kokong (Cocoon) Exhibition

January 12 – February 28

A photography exhibition of women with a theme of "cocoon" symbolising vulnerability, transformation and hope.

Galleri 7  
Language Independent  
Free  
galleri7.com  
@galleri\_no7

## ART AND CULTURE

### When wood speaks Exhibition

January 12 – January 29

A dynamic group exhibition honouring the natural beauty of wood in all shapes and form.

Galleri 7  
Language Independent  
Free  
galleri7.com  
@galleri\_no7

## MUSIC AND NIGHTLIFE

### Manifest (with Corroder + Ghetto Ghoul)

January 13  
8:00 PM

Manifest is a band. And Corroder and Ghetto Ghoul are also bands, that are supporting Manifest for this evening of really good thrash metal, one of the rarest of their kind in Trondheim the proclamation has foretold.

Trykkeriet Scene  
Language Independent  
225 NOK - Advance / 265 NOK - Door  
facebook.com/legendtrondheim  
@trykkerietscene

## ART AND CULTURE

### Opening of Fragile Fears

January 13

Fragile Fears - on the edge of Ukrainian and Norwegian mythology is a unique photo exhibition held by den Ukrainske Forening i Trondheim. The exhibition opens on January 13th and will stay open until the end of the month.

Olavshallen  
English and Norwegian  
Free  
olavshallen.no

## MUSIC AND NIGHTLIFE

### Vær Ung with Marita Røstad

January 14  
8:00 PM

A live concert with Marita Røstad. She has a background in jazz, rock, pop, and metal and works as a singing teacher, piano teacher and band/harmony teacher.

@antikvariatet  
Language Independent  
50 NOK (by VIPPS)  
@antikvariatet

## MUSIC AND NIGHTLIFE

### Elgar & Schubert

January 19  
7:30 PM

The Trondheim Symphony Orchestra will be performing works by Franz Schubert and Edward Elgar under conductor Risto Joost, feat. cello soloist Andreas Brantelid. The evening's concert opens with a work by contemporary composer, Anna Clyne.

Olavshallen  
Language Independent  
470 NOK  
tso.no

## MUSIC AND NIGHTLIFE

### Lars Vaular: Vintage Velour Tour

January 20  
9:30 PM – 11:30 PM

A tour for Norway's own hiphop legend Lars Vaular's new album Vintage Velour. The songs are varied and have an indeterminate mixture of styles and inspiration.

@samfundet  
Language Independent  
250 NOK - Students / 300 NOK - Adults  
samfundet.no  
@samfundet

## MUSIC AND NIGHTLIFE

### Bakrus + support

January 20  
8:30 PM

A concert by a punk rock band – unexpectedly hailing from the historic and charming mountain village of Røros – full of tough, youthful energy.

@verkstedhallen  
Language Independent  
275 NOK  
verkstedhallen.no  
@verkstedhallen

## MUSIC AND NIGHTLIFE

### Heimland by Kampfar + Slegest

January 21  
8:30 PM

A concert by Kampfar and Slegest. Kampfar is one of the original Norwegian black metal bands and Slegest is a band that has heavy roots in 70s and 80s heavy rock and black metal.

@verkstedhallen  
Language Independent  
325 NOK  
verkstedhallen.no  
@verkstedhallen

## MUSIC AND NIGHTLIFE

### Amanda Tenfjord

January 21  
9:00 PM

Norwegian-Greek artist Amanda Tenfjord was announced as the Greek representative for Eurovision in 2022. Her music is on nationwide radio and has toured as the opening artist for Highasakite.

@byscenen  
Language Independent  
330 NOK  
byscenen.no  
@byscenen

## MUSIC AND NIGHTLIFE

### Trond Kallevåg, Gard Nilssen & Mats Eilertsen – MINNESOTA

January 25  
8:00 PM

Cinematic music with powerful melodic flair, inspired by old Norwegian-American Murder and Cowboy ballads.

Dokkhuset  
Language Independent  
TBA  
dokkhuset.no

# LISTINGS JANUARY – FEBRUARY

## OUT AND ABOUT

### The Future is Flow: Morning Dance

January 25  
6:45 AM

A 2-hour morning dance practice to dance and meditative music.

Trondheim Kunstmuseum  
Language Independent  
Free  
@trondheimkunstmuseum.no  
@trondheimkunstmuseum

## THEATER

### Dara O'Briain on tour

January 25  
7:30 PM

The famous Irish comedian Dara O Briain is back on tour with a brand new live stand-up show 'So... Where Were We?' and he'll be coming to Trondheim!

Olavshallen  
English  
510 NOK  
olavshallen.no

## FESTIVALS

### Balkanfest

January 27

Balkanfest is a party featuring Balkan food and music. Amira Medunjanin and Bojan Zulfikarpasic will be playing sevDAH songs and piano.

Jossa Mat og Drikke  
Language Independent  
300 NOK  
jossa.superbexperience.com  
@jossamatogdrikke

## MUSIC AND NIGHTLIFE

### Wish you were here at the dark side of the moon with A Saucerful of Secrets

January 28  
9:00 PM

A Saucerful of Secrets – Norway's foremost Pink Floyd band will treat the audience to the two iconic albums "Wish you were Here" and "Dark side of the Moon". An evening in the spirit of psychedelic rock, with some of Norway's leading musicians on stage.

@byscenen  
Language Independent  
390 NOK  
byscenen.no  
@byscenen

## OUT AND ABOUT

### Søndagsmarked (Sunday Market)

January 29  
1:00 PM – 6:00 PM

An indoor market that is open to anyone who wants to sell used items, clothing, new designs, plants, collectibles or other small items. Lager 11's street food hall will be open throughout. Come find some treasures.

Lager 11  
Language Independent  
Free  
lager11.no  
@lager\_11

## THEATER

### Swan Lake - Kyiv National Ballet

January 29  
7:30 PM

The renowned Kyiv National Ballet is coming to Trondheim to perform Pyotr Tchaikovsky's famous Swan Lake from 1877.

Olavshallen  
Language Independent  
735 NOK  
olavshallen.no

## MUSIC AND NIGHTLIFE

### Sondre Justad - Night 1

February 3  
9:30 PM – 11:30 PM

With his gripping and energetic concerts, Sondre Justad has established himself as one of the strongest and most popular live artists Norway has.

@samfundet  
Language Independent  
320 NOK - Students / 430 NOK - Adults  
samfundet.no  
@samfundet

## MUSIC AND NIGHTLIFE

### Ricochets: Closer to the Light

February 3  
8:30 PM

The release concert for Ricochets's new album – Closer to the Light. Their sound is a blend of garage rock, soul, 50s, swing and rock-noir.

@verkstedhallen  
Language Independent  
375 NOK  
verkstedhallen.no  
@verkstedhallen

## MUSIC AND NIGHTLIFE

### Insomniac Bears / Trondheim Slippfest

February 4  
9:00 PM

A concert by Insomniac Bears – an exuberant art rock and indie band that's taken the style in a wilder and more ambitious direction. You can expect to hear perfect pop hooks and jazzy savage drums backed by more classical elements. "Go big is the new punk", they say.

Trykkeriet Scene  
Language Independent  
250 NOK - Adults / 200 NOK - Students  
trykkerietscene.hoopla.no  
@insomniacbears

## MUSIC AND NIGHTLIFE

### Sondre Justad - Night 2

February 4  
9:30 PM – 11:30 PM

With his gripping and energetic concerts, Sondre Justad has established himself as one of the strongest and most popular live artists Norway has.

@samfundet  
Language Independent  
320 NOK - Students / 430 NOK - Adults  
samfundet.no  
@samfundet

## MUSIC AND NIGHTLIFE

### Spidergawd + special guest Arabrot

February 4  
9:00 PM

Known for productivity, maintenance of heavy metal and big walls of sound, Spidergawd is at it again with their mini-tour of some of Norway's biggest cities. On tour they have Arabrot with them as special guests.

@byscenen  
Language Independent  
375 NOK  
byscenen.no  
@byscenen

## OUT AND ABOUT

### The Future Is Flow: Sweat Your Prayers

February 5  
9:45 AM

A drop-in 3 hour intuitive dance session and self-practice called 5 rhythms that is lightly guided, mostly without words or instruction.

Trondheim Kunstmuseum  
Language Independent  
Free  
@trondheimkunstmuseum.no  
@trondheimkunstmuseum

## MUSIC AND NIGHTLIFE

### Trondheim Calling 2023

February 9 – November 11

Trondheim Calling is one of Norway's largest industry festivals in the music field, which annually showcases a large number of new Norwegian artists on their way to a breakthrough.

Various Locations  
Language Independent  
720 NOK / 890 NOK  
trondheimcalling.no  
@trondheimcalling

## ART AND CULTURE

### Embodied Experiences / Ståle Stenslie Exhibition

February 10 – April 9

An exhibition that features body, sensuality and technology – the main work of this exhibition is Voice Catcher – an interactive, digital and multi-sensory sound installation and a sensory chamber.

TEKS  
Not sure  
Free  
@teks.no  
@teks.no

## WORKSHOPS AND LECTURES

### A conversation with a former white nationalist

February 10  
6:00 PM – 7:30 PM

A unique possibility to hear from a former white nationalist Roland Derek Black – the subject of "Rising out of Hatred: The Awakening of a Former White Nationalist" by Eli Saslow, a previous Pulitzer Prize-winning reporter.

@samfundet  
English  
200 NOK - Students / 250 NOK - Adults  
samfundet.no  
@samfundet

## MUSIC AND NIGHTLIFE

### Storm Weather Shanty Choir

February 10  
8:00 PM

An evening of raw and energetic interpretations of 150-year-old shanties and sailors' songs. The rock choir band was started by a former sailing ship sailor, taking inspiration from his work on the sailing ship Statsraad Lehmkühl.

HAVET Arena  
Language Independent  
350 NOK - Adults / 250 NOK - Students  
havetarena.no  
@havetarena

## MUSIC AND NIGHTLIFE

### ISFIT: Thomas Dybdahl in Nidaros Cathedral

February 13  
8:00 PM – 9:00 PM

A concert by singer, guitarist, and songwriter Thomas Dybdahl in Nidaros Cathedral.

Nidaros  
Language Independent  
350 NOK - Students, 450 NOK - Adults  
samfundet.no  
@isfit23

## MUSIC AND NIGHTLIFE

### Thomas Dybdahl - Isfit at Nidarosdomen

February 13  
8:00 PM

As part of the International Student Festival in Trondheim, Thomas Dybdahl will take over the mighty Nidaros Cathedral for his concert!

Nidarosdomen  
Language Independent  
ISFIT participants 350 NOK, others 450 NOK  
nidarosdomen.no

## WORKSHOPS AND LECTURES

### Cancel Culture with Yousef Hadaoui and Lisa Esohel Knudsen

February 15  
6:00 PM – 7:30 PM

A debate on cancel culture with Yousef Hadaoui, a show host comedian, and actor and Lisa Esohel Knudsen, an author of the book "It is personal. On racism and freedom of expression."

@samfundet  
English  
Free  
samfundet.no  
@samfundet

## MUSIC AND NIGHTLIFE

### The Source – 30th Anniversary Tour

February 15  
8:00 PM

The Source, anno 2023 will reflect all the different things the band has done throughout history, from jazz - via folk, to Arabic music and far into the unknown.

Dokkhuset  
Language Independent  
TBA  
dokkhuset.no

# LISTINGS FEBRUARY – MARCH

## THEATER

## Ed Byrne - If I'm honest...

February 15  
7:00 PM

Join Ed on his Scandinavian Tour as he takes a long hard look at himself and tries to decide if he has ANY traits that are worth passing on to his children.

Olavshallen  
English  
420 NOK  
olavshallen.no

## MUSIC AND NIGHTLIFE

## Bård Berg / Finding Neo / Giddygang & Vuyo

February 16  
7:30 PM – 10:00 PM

ISFIT organises an evening packed with good tones and exciting music in Byscenen. Music will feature neo-soul, house and hiphop inspired beats.

@byscenen  
Language Independent  
290 NOK - Members / 340 NOK - Non-Members  
samfundet.no  
@isfit23

## WORKSHOPS AND LECTURES

## Nordic Green Business Forum 2023

February 16 – February 17

This annual event alternates between Norway, Sweden and Finland to bring together the sharpest minds of our most important and significant industries. This is where we set the agenda for business opportunities within green industries. For 2023, the theme is set to BIOVALUE: Soil - Forrest - Sea.

Britannia  
English  
TBA  
ngbusinessforum.com

## MUSIC AND NIGHTLIFE

## The Nordic Floyd Show

February 17  
9:00 PM

Celebrate the 50th anniversary of Pink Floyd's 'The Dark Side Of The Moon' with this incredible tribute concert.

Olavshallen  
Language Independent  
630 NOK  
olavshallen.no

## MUSIC AND NIGHTLIFE

## Pom Poko

February 18  
10:00 PM – 11:59:00 PM

A band whose name is inspired by a studio ghibli film and born from the jazz department of NTNU that is inspired by math rock, post-punk and West African music.

@samfundet  
Language Independent  
240 NOK - Member / 290 NOK - Non-Member  
samfundet.no  
@isfit23

## FESTIVALS

## Rørosmartnan

February 21 – February 25

Rørosmartnan is a five-days winter fair of commerce and culture in the middle of a world heritage site, the town of Røros. This will be the 168th festival and around 70,000 visitors come every year.

Røros  
English and Norwegian  
Free  
rorosmartnan.no

## MUSIC AND NIGHTLIFE

## Andrew Lloyd Webber Musical Gala

February 22  
8:00 PM

Experience excerpts from Andrew Lloyd Webber's masterpieces from The Phantom of the Opera, Cats, Jesus Christ Superstar, and many more. A number of internationally renowned singers and dancers will take the audience on an emotional rollercoaster ride.

Olavshallen  
Language Independent  
695 NOK  
olavshallen.no

## OUT AND ABOUT

## The Future is Flow: Morning Dance

February 22  
6:45 AM

A 2-hour morning dance practice to dance and meditative music.

Trondheim Kunstmuseum  
Language Independent  
Free  
@trondheimkunstmuseum.no  
@trondheimkunstmuseum

## FESTIVALS

## Death by Imperial Stout! 2023

February 23 – February 25

Habitat's celebration for their favourite beer style – the imperial stout. Monkey Brew is making a special stout blend just for this event. There will be music, DJs, strong stouts, beer floats, soft serve ice-cream and more.

Habitat  
Language Independent  
Free  
habitatbar.no  
@habitatbartrd

## MUSIC AND NIGHTLIFE

## Henry Rollins

February 23  
8:00 PM

Henry Rollins is on a mini-tour in Norway! Both an artist and a thinker, he was there when hardcore was born – as the vocalist in one of the genre's most legendary and hard-hitting bands, Black Flag.

@byscenen  
Language Independent  
350 NOK  
byscenen.no  
@byscenen

## MUSIC AND NIGHTLIFE

## Hedda Mae

February 24  
9:30 PM – 11:30 PM

High energy pop music concert in Klubben of Samfundet.

@samfundet  
Language Independent  
200 NOK - Member / 250 NOK - Non-Member  
samfundet.no  
@samfundet

## MUSIC AND NIGHTLIFE

## Svømmebasseng

February 25  
8:00 PM – 10:00 PM

A concert for Svømmebasseng's 10 year anniversary to celebrate the release of his long-awaited third album "Before the sun has set".

@samfundet  
Language Independent  
250 NOK - Member / 300 NOK - Non-Member  
samfundet.no  
@samfundet

## OUT AND ABOUT

## Søndagsmarked (Sunday Market)

February 26  
1:00 PM – 6:00 PM

An indoor market that is open to anyone who wants to sell used items, clothing, new designs, plants, collectibles or other small items. Lager 11's street food hall will be open throughout. Come find some treasures.

Lager 11  
Language Independent  
Free  
lager11.no  
@lager\_11

## ART AND CULTURE

## Indre landskap of Thea Kiær Exhibition

March 2 – March 31

Inner landscape exhibition - an exhibition where colours and compositions describe emotions.

Galleri 7  
Language Independent  
Free  
galleri7.com  
@galleri\_07

## FESTIVALS

## Kosmorama

March 6 – November 12

Kosmorama Trondheim International Film Festival is the biggest film festival in Mid-Norway. It takes over Prinsens Kino with a specially curated film program. There are outdoor screenings, culinary cinema experiences, meet-ups with directors, seminars and more.

Prinsens Kino  
English and Norwegian  
480 NOK - 5 Films / 840 NOK - 10 Films / TBA  
- Festival Pass and Single Film  
kosmorama.no  
@kosmoramafilm

## MUSIC AND NIGHTLIFE

## Aiming For Enrike

March 18  
7:00 PM

Trondheim Konsertkollektiv presents: Aiming For Enrike. With an atmospheric and massive expression, they take the music further into a floating, minimalist, electronic and ambient landscape.

Trykkeriet Scene  
Language Independent  
350 NOK - Adults / 250 NOK - Students  
konsertkollektiv.no  
@habitatbartrd

## WORKSHOPS AND LECTURES

## Trondheim Tech Port conference 2023

March 20  
10:00 AM

This year's theme is 'Bridging the Gap'. Join the conference to meet other innovators and share experiences from the field. The focus will be on technology within health, oceans, energy and digitalisation.

Olavshallen  
English and Norwegian  
TBA  
trondheimtechport.no

## MUSIC AND NIGHTLIFE

## Violet Road

March 24  
8:00 PM

Violet Road is celebrating 15 years with a tour of 15 concerts. They are a band known for terrific live shows and cheerful songs inspired by bands like The Cure.

HAVET Arena  
Language Independent  
505 NOK  
havetarena.no  
@havetarena

## MUSIC AND NIGHTLIFE

## Ready For It? A Taylor Swift Club Night

March 25  
6:00 PM

Havet transforms their space into a Taylor Swift-themed nightclub for the night featuring only Taylor Swift's music.

HAVET Arena  
Language Independent  
150 NOK  
havetarena.no  
@havetarena

## OUT AND ABOUT

## Søndagsmarked (Sunday Market)

March 26  
1:00 PM – 6:00 PM

An indoor market that is open to anyone who wants to sell used items, clothing, new designs, plants, collectibles or other small items. Lager 11's street food hall will be open throughout. Come find some treasures.

Lager 11  
Language Independent  
Free  
lager11.no  
@lager\_11

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

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.

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



# 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!

<b>LOCATION</b> Olav Tryggvasons gate 30
<b>CONTACT</b> f habitattrondheim
<b>HOURS</b> 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!

<b>LOCATION</b> Krambugata 2, Trondheim
<b>HOURS</b> Monday-Friday 8am-5pm, Saturday 11am-5pm



# Rosendal Kafé

<b>LOCATION</b> Innherredsveien 73, 7068 Trondheim
<b>CONTACT</b> 929 89 544 kari@rosendalteater.no f Rosendal Kafé
<b>HOURS</b> 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!

Trondheim  
**torg**

✦ HK FOTO: ELISABETH ANSTENSEN

***CHRISTMASSY***