



Welcome to Tromsø - our wonderful Arctic city!

Tromsø survival guide



# Weather and what to bring

In early summer (mid June), expect:

- **Temperature:** ~ 10 – 17 °C
- **Reality:** feels warmer in the sun, colder in the wind/shadow, confusing overall
- Light **waterproof jacket**
- **Comfortable shoes** (rain happens)
- **Layers** (long sleeves, maybe light wool)
- Warm sweater & summery outfit
- Optional, but recommended: good shoes & sporty outfit for walks in nature
- Sunscreen and sunglasses!



# Arriving at Tromsø Airport

Tromsø Airport is small, so you can't really get lost unless you try.

- **If things go wrong:**
  - Lost luggage → customer service near Narvesen
- **Transportation:**
  - Taxi → outside arrivals (book with **NorgesTaxi** or **Taxifix app** to avoid queue)
  - Uber → also works
  - Flybuss → expensive alternative to local buses
  - Local buses (recommended → see next slide)

More detailed information on:

<https://www.visittromso.no/getting-around>



# Getting around in Tromsø



Download the *Svipper* app for **tickets** and **routes/directions**, also works for **ferries**

→ 6 single tickets (during rush hour: 06:00-09:00, 14:00-17:00) = price of a weekly ticket



## Buses from the airport

Bus stop: *Tromsø lufthavn*

- you need to go down to the underground parking, cross the parking, and across the street
- ticket machine at the bus stop – alternative to Svipper



→ To the City Center (Wi-To, Nerstranda)

- bus **40** (fastest), **42** (scenic), **24 & 26** (long)



→ To the University (UiT The Arctic University of Norway, Campus Breivika)

- bus **24, 26, 40 or 42** to **Giæverbukta** (one stop after the airport)
- Switch to **bus 33** (33 UiT- UNN via Giæverbukta) at **Giæverbukta**



## Buses from city center to UiT/UNN

- Bus **20** from Fr. Langes gate 1
- Bus **30, 34** from Polaria/Nerstranda/Smørtoget

Buses have the same number both directions, check the destination sign

### Rush hour:

06:00-9:00 & 14:00-17:00

### Young adults

(29 and under) – cheaper tickets during rush hour



# Shopping in Tromsø

There are plenty of shops where you can get anything in case of emergency:

- **Alti Nerstranda** (shopping mall in the city center)
- **Jekta** shopping mall
- All shops are **closed on Sundays**

Grocery shops:

- Kiwi, Eurospar, Coop Extra, **Joker**
- **Closed on Sundays** (**Joker** and a few small grocery shops are open, but selection is limited and they are pricy)

Kiosks, cafés, restaurants are open on the weekends:

- Cafés close earlier (between 16 and 18)
- Many cafes offer Too Good to Go!



Pharmacies:

- Apotek 1, Vitusapotek, Boots
- Open from 9:00 until 16:00/16:30 at UNN Hospital/city center
- Open from 9:00 until 20:00/21:00 at Nerstranda/Jekta



vitusapotek+



# Finding the conference hall

## Welcome to UiT Campus Breivika!

### Bus stops:

- UiT/Planetarier
- UiT
- **UNN** (closest to the conference building)

### Orienting yourself around:

- <https://www.mazemap.com>

### Foods and drinks:

- Several buildings have cafeterias where you can get ok food
- Best coffee at Grut kaffebar at MH 2
- [Serveringssteder | Samskipnaden](#)

## Conference building (MH 1):

[MH1, MH øst, Campus Breivika - MazeMap](#)

### Getting to MH 1 from 1) UNN and 2) UiT bus stops:

- 1) [Directions, MH1, MH øst, Campus Breivika - MazeMap](#)
- 2) [Directions, MH1, MH øst, Campus Breivika - MazeMap](#)

# Where to go and what to see?

## In Tromsø:

- Prestvannet: quiet and scenic lake and nature reserve
- Rundvannet and Langvannet: recreational area close to UiT
- Telegrafbukta: southern beach and park, one of the best!
- Sherpatrappa (Sherpa stairs) and Fløya: easy-ish hike with great views
- Vervet: waterfront area in the city - great views & perfect spot for chill and enjoying a coffee!
- Varden: highest point on Tromsø island – easy hike close to UiT
- Botanical garden: close to UiT
- Lysløypa: gravel walking/biking track in the forest on the island
- **UT.no** website or app: map with hiking/walking/biking tracks

## Day trips (by car/long distance bus):

- Sommarøy
- Ersfjordbotn (Bryggejentene café)
- Grøt fjord beach/camping
- Lyngen alps (Blåisvannet, Aspevatnet)

## Long distance trip (3-10 hours from Tromsø)

- Senja
- Lofoten Islands

## For more experiences around Tromsø:

[Oh no! Looks like you reached a stop | Visit Tromsø | Norway](#)



# Where to eat & drink

## Coffee/bakeries

- Kaffebønna
- Vervet Bakeri
- Risø
- Tøllefsenhjørnet  
(also wine bar)
- **Bryggejentene**  
(in Ersfjordbotn)

## European

Nyt  
Egon  
Maskinverkstedet  
Bardus

## Pizza & Pasta

Casa Inferno  
Sørhus  
Yonas  
Egon  
(all you can eat)  
  
Pastafabrikken

## Local food

Art Cafe Bistro  
Skarven  
Skirri

## Sushi & Fish

Rå  
Suvi  
Fiskekompaniet

## Indian & Asian

Indie  
Elefanten  
  
Healthy Asian  
Food  
Tang's  
Ban Thai

## Ethiopian & Eritrean

Wedeb's

### For more information:

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Enjoy your stay 😊

