

“Let’s vibrate! – an exercise in creating neurodivergent artspaces”

CONVERSATION at MUNCH 07.03.2026

The fifth edition of the Solo Oslo mediation project.

ACCESS GUIDE

Welcome to *Let’s vibrate! – an exercise in creating neurodivergent artspaces!*

This guide is designed to assist you in preparing for your visit. Whether you come on your own or with others.

We’re happy that you’re thinking of joining ***Let’s vibrate! – an exercise in creating neurodivergent artspaces*** at MUNCH. An event and a conversation that celebrates neurodiversity and art. The conversation will be with curator Johanne Nordby Wernø, and artist and curator Aidan Moesby. Moderated by writer and research fellow at Oslo Met Tirill Bjørkeli Svaler.

Before, during, and after the conversation you can create your own fidget objects in open workshops, designed and facilitated by Kassia Marin, Martine Aadne Gulliksen, and Christian Blandhoel. The workshops invite you to listen, be present and move in the space on your own terms.

The event aims to be as accessible as possible for neurodivergent individuals and/or others who seek gentler sensory experiences. Everyone is welcome and we urge you to openly engage in whatever forms and styles of embodiment and movement that come naturally to you. Feel free to move around in the room, rest on the floor or seat, twitch, stim, pace, do a little dance, or not make eye contact during the event.

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PROGRAM

KL. 12:00 – Doors open

Workshop activities in **Festsalen** and a quiet room in **Amfi**

KI. 12:30 – Welcome and practical information

Including a short presentation of the SOLO OSLO mediation project by Stephanie Serrano Sundby

KI. 13:00 – Conversation between Johanne Nordby Wernø and Aidan Moesby. Moderated by Tirill Bjørkeli Svaler

KI. 14:00 – Open space and opportunity to see Kim Hankyuls SOLO OSLO exhibition.

Including a short presentation of the SOLO OSLO exhibition and workshop activities.

KI. 15:00 – Thank you for today!

COME AND GO AS YOU PLEASE!

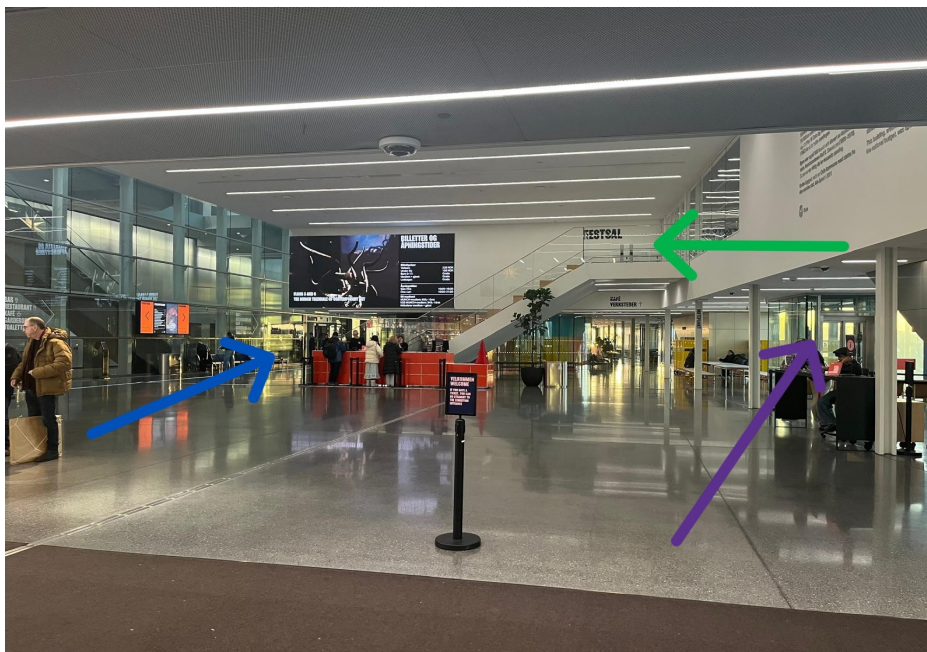
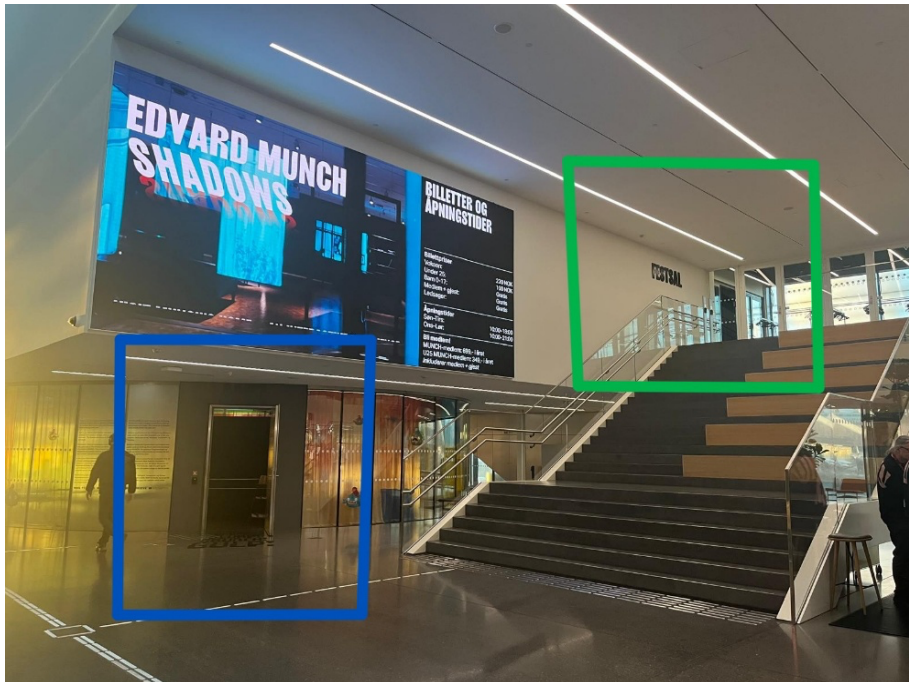
The doors open at 12.00 and the conversation starts at 13.00, you are welcome to come directly to the part of the programme that you prefer, and/or come and go as you please. If you do arrive at 12.00, it will give you time to get acquainted with the room. It will also allow you to get started with the workshop activities and find a good spot to enjoy the conversation!

We welcome you to go at your own pace. How much time you spend at the event is up to you and all options are good. The most important thing is to check in to see how you feel and decide when you want to leave. Paying attention to how you feel helps you get the most out of the event, so you can have fun and enjoy!

EVENT SPACES

The event will be held in two rooms: **Festsalen** and **Amfi**.

Festsalen is located just above **Amfi**.



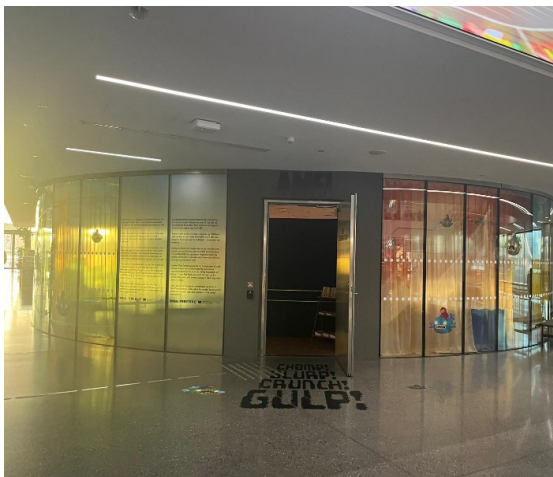
When you come in the revolving doors you can find Festsalen and Amfi just behind the ticket desk. You enter Festsalen by walking up the stairs, or you can use the elevator up to Festsalen. The purple arrow indicated the elevator.

Festsalen



The conversation and workshop activities will be held in Festsalen. During the event, the room will be furnished with tables for the workshop activities and varied seating.

Amfi



Amfi from outside

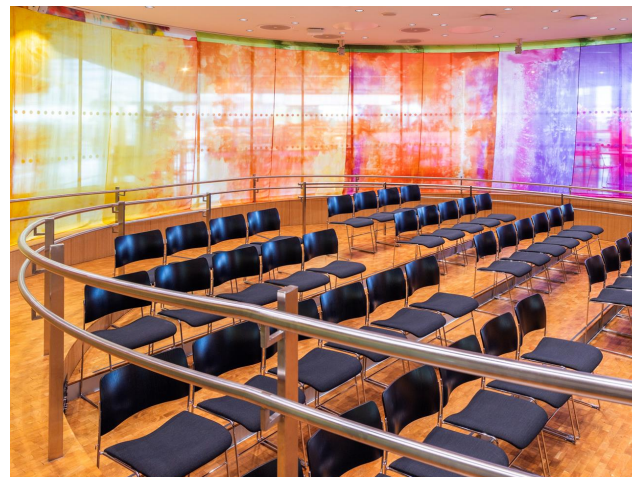


Foto: Ove Kvavik, Munchmuseet

Amfi will be used as a quiet room. The chairs in the picture will be removed, and the room will have soft lightning and varied seating. Including pillows, beanbags and yoga mats.

ACCESS

We are happy to help if you require assistance navigating our space or experiencing the event!

We know that our audience is a large and diverse group of people, and while the organisers strive to create a welcoming and supportive environment, the event may not meet everyone's needs or expectations. MUNCH is also not accessible for everyone, amongst others with a noisy and brightly lit lobby.

Following is an overview of access elements at MUNCH:

- **All aids for persons with disabilities** are generally permitted in the exhibitions and in the event spaces.
- **Admission is free for companions.** Tickets are available online. Companions must show proof of companionship upon arrival.
- The event will be in English, but there will be possible to ask questions to the participants in Norwegian and have them translated. All written information is produced in Norwegian and English.
- Unfortunately, there will be no **sign-language interpretation** during the event.
- Unfortunately, there is currently only **guidelines / tactile ground surface indicators** in the lobby, and not in the exhibition spaces nor in the event spaces.
- There is a **telecoil** in Festsalen, that can be used during the event.
- MUNCH is accessible for **mobility-impaired visitors**, including those with a need for large electric wheelchairs, and built according to today's requirements for universal design.
- Amfi is on the first floor and Festsalen is on the second floor. To get to Festsalen you can use the **elevator**. See indications on page 4. Lift measurements: 152x135 cm.

- There is **seating** throughout the museum, stepless access and elevators. There are also wheelchairs for rent, contact the hosts in the lobby upon arrival. There will be **varied seating** in Festsalen and Amfi.
- The closets **toilets** and **HC-toilets** are places in the cloakroom in the lobby. You can also find HC-toilets on floor 3, 6, 9, 12 and 13.
- **Service animals** are allowed. To protect people with allergies we ask that you leave your pets at home unless necessary.
- **Baby strollers and hiking carriers** cannot be brought into the exhibition halls but are welcome inside Festsalen. Parking can be found outside the main entrance. MUNCH have baby carriers and strollers for loan.
- There are **wall sockets** in Festsalen and Amfi.

SOUND, LIGHT, AND SCENT

Take care of yourself if anything feels too loud, too bright, or overwhelming.

Everyone reacts differently it's best to gauge how you're feeling and give yourself a break when needed.

Sound in Festsalen

We encourage everyone to express themselves and be present in the room in whatever style they prefer! Just remember to be mindful of the participants on stage during the conversation.

Before and after the conversation, there will be sounds of people talking and doing workshop-activities in Festsalen. There will be played some calm background music before and after the conversation.

There are earplugs available during the event and you are welcome to bring your own headphones.

In program there is an “Open Space” between 14.00 - 15.00. During this time there will be more noises in the room from the workshop-activities and from people talking.

Sound in Amfi

Amfi will be used as a quiet space during the event, so be mindful of the people using the place to rest.

Light in Festsalen

The space will be lit with a dim, warm light. But bright enough so that you can enjoy the workshop activities and see the conversation on the stage.

Light in Amfi

The space will be dimly lit, with lower light sources.

Scent in Amfi and in Festsalen

Mind that MUNCH and the event will not be scent free.

We ask that you don't use strong perfume on the day of the event.

Everyone is welcome to bring your own food and drinks into the event-space, so there is a possibility that the event will smell of different foods.

FEEDBACK

The event strives to be as accessible as possible for neurodivergent people and others who seek calmer sensory experiences. At the same time, we recognise that needs are many and varied, and that we cannot accommodate everyone's preferences. Feedback from the audience is very important and will be included in a report submitted to the museum at the end of the project.

If you like to share your feedback, you can do it during the event, either by telling Stephanie, mediator for SOLO OSLO, or by writing your feedback on paper and delivering it our little green mailbox, or you can send an email to stephanie.s.sundby@gmail.com.



Little green mailbox



Stephanie (mediator SOLO OSLO)

FOOD AND DRINKS

There will be water available during the event, but food will not be served. You are welcome to bring your own food and packed lunch. You can also buy food and drinks in in MUNCHs cafe, bar and restaurant and bring it into Festsalen to eat. The closest one is MUNCHs Kafe. The cafe has most options that cater to different diets and food intolerances. Ask the staff at the cafe for more information.

BOOKING YOUR TICKETS

Once you've decided when you want to join the event, you can purchase a ticket. For this event you need to book your tickets in advance. **The tickets are free**, but there are limited spaces. Get your tickets on MUNCHs webpage!

Remember to have your ticket available, so it can be scanned at the entrance of Festsalen and Amfi.

With a ticket to this event, you also get a free entrance to MUNCH, so that you can see Kim Hankuyls *SOLO OSLO* exhibition, and other exhibitions in the museum.

GETTING TO MUNCH

MUNCH are centrally located, 10 min by foot from Oslo Central Station (tram, subway, bus, train). Closest public transportation stop is Bjørvika (tram, bus) and Munch Bjørvika (boat).

There are bicycle parking outside the museum and city Bike Stops at Sukkerbiten, Rostockgata, Bjørvika.

There are no parkinglots outside the museum. Closest facilities are Sørenga, Oslo Central Station, Havneleret, Rådhusgata, Strandgata.

There are three reserved parking spaces for visitors with disabilities and a valid HC permit on the east side of the Oslo Opera House, near Oda Lasson's Bridge.

It is also possible to drive across Oda Lasson's Bridge and stop directly outside the museum to drop off passengers at the main entrance.

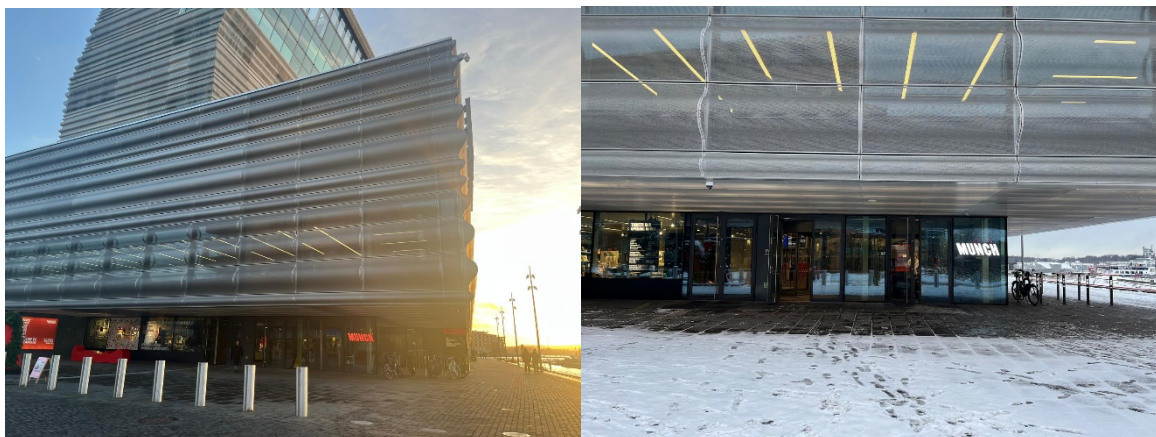
If you are travelling by public transport, the nearest tram and bus stop is Bjørvika, located about 250 metres from the museum.

[Google maps](#)

[Ruter](#)

ARRIVING AT MUNCH

When you arrive at the entrance to Munch, you enter the museum through the revolving glass doors.



Before going inside the Museum, it is nice to take a brief pause outside to look around and take a few deep breaths.

Stephanie (picture on page 9) will be standing right inside the main entrance to welcome participants on the event day, from 12:00 – 12:15. She will hold up a sign with the name of the event. Don't hesitate to ask her if you have any questions!

After 12.15 Stephanie will be inside Festsalen. You may ask your questions and get directions to Festsalen or Amfi by any staff member in the lobby area. They can give you directions and help answer questions you might have about your visit at the museum or the exhibitions.

Lobby

Depending on the day and time you visit the museum, the lobby might be quiet or crowded and noisy. Since the event is on a Saturday, it will probably be crowded and noisy. If you need to sit down when you enter, there are seats by the right side of the entrance and by the window on the left side of the ticket desk.

You are welcome to use the museums **wifi**. The "MUNCH-guest" network is free of charge and available throughout the museum.

Ticketing

When you arrive at the event spaces, you will need to show your ticket at to enter Festsalen and Amfi. A member of the Munch staff will stand by the entrance to scan your ticket. You do not need to bring ID. Keep your ticket throughout your visit. If you exit Festsalen or Amfi you will need to scan your ticket re-enter the spaces. You can also use the ticket to enter the exhibition spaces to see the SOLO OSLO exhibition.

Cloakrooms and lockers

If you don't want to carry your coat or belongings, you can leave them in one of the lockers for free during your visit. These lockers are dimensioned for hand luggage (max. 55x40x23 cm).

You are also welcome to leave your coat just inside the entrance at Festsalen. Note that this is at your own risk. The space will be left unattended by staff during the event.

If you decide to leave your belongings in one of the lockers, you will find the entrance to the wardrobe just by the entrance of Amfi.

Tip: Take a photo of the number of your locker, so that you can remember where you left your things!

PHOTOS AND CAMERAS

You are more than welcome to take pictures. However, be mindful of the other guests and avoid using flash to protect guests that are light sensitive.

There will be one film camera present during the event:

The camera is filming both the conversation and the event for a short documentary about the *SOLO OSLO* mediation project. The documentary will last 7-10 minutes. The movie follows the work on developing new, more inclusive ways to experience MUNCH, and will be published on MUNCHs Youtube channel in May or June 2026. The camera will mainly focus on the conversation on stage, but if you want to make sure not to appear in the movie, please inform Stephanie or any other staff member before- or during the event.

SEENG KIM HANKYULS SOLO OSLO EXHIBITION

You can visit Kim Hankyuls exhibition at the 10th floor, during or after the event. Read more about Hankyuls exhibition [here](#), and see the museum program [here](#).

You will need to scan your tickets at the museum entrance to see the exhibitions. Once your ticket is scanned, you can enter the galleries using the lifts or the escalators. Please give priority to wheelchair users in the lifts.

If at any point in your visit you feel disoriented or overwhelmed, ask a staff member for help. Other things that might help are: Going to the restroom to run cold water

over your hands or splashing your face, sitting down to have a drink or snack, finding a quieter place in the Museum, or going outside to get some fresh air.

LEAVING THE MUSEUM

When you are ready to leave, go to the main lobby. Don't forget to pick up anything you may have left in your locker.

We'd love to hear from you! If you have any feedback about your visit, or any questions or concerns, please email stephanie.s.sundby@gmail.com

This social access guide is made for "Lets vibrate! – an exercise in creating neurodivergent artspaces". A conversation at MUNCH 07.03.2026. The guide is made by Stephanie Serrano Sundby, with inspiration from [MoMAs Social Access Guide](#) and [UKS access note](#). Thank you to the two different institutions for the great work that has been done, that helps to make access notes for other events!