

[Current events](#)[Save the Oslofjord](#)

What can YOU do to save the Oslofjord?

Historically, the Oslofjord has been the most biodiverse area in Norway. It is also one of the most widely used arenas for outdoor life and recreation in the country, but now it is in crisis. Overfishing, pollution from half of Norway's population and loss of biodiversity have all led to the fjord having serious problems. Fortunately, there is hope, and everyone can contribute.

Here are some tips on what you can do to help.

1. Gain knowledge – and talk about it

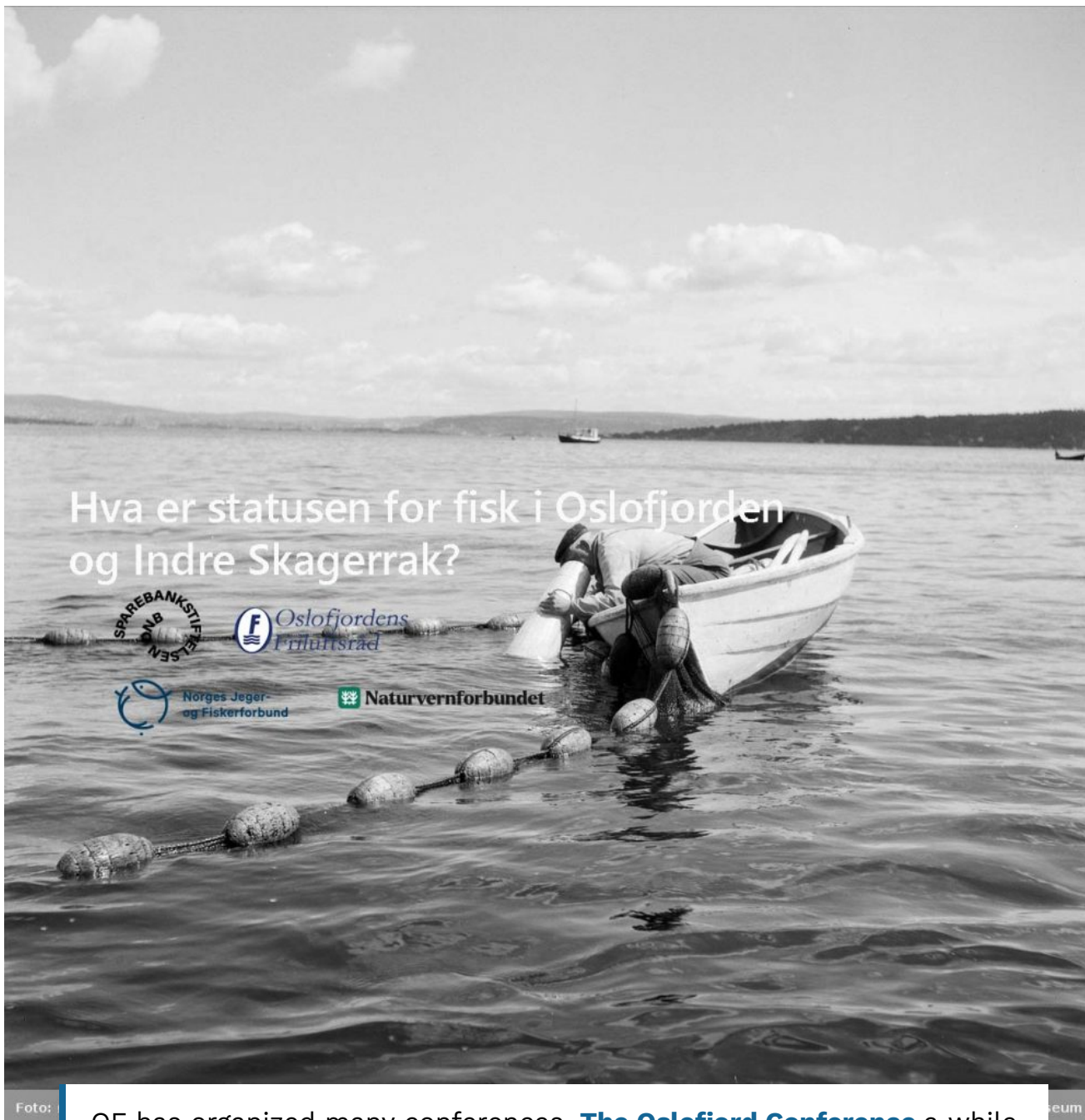


The more we know, the more we care. Read up on the state of the fjord, share knowledge

and raise the topic in conversations with others. When more people talk about the Oslofjord, it becomes part of the public conversation – and it produces results.



OF has organized many conferences. The Oslofjord Conference a while ago brought together many of the very best professionals. Here you will find individual lectures or recordings of the entire conference!

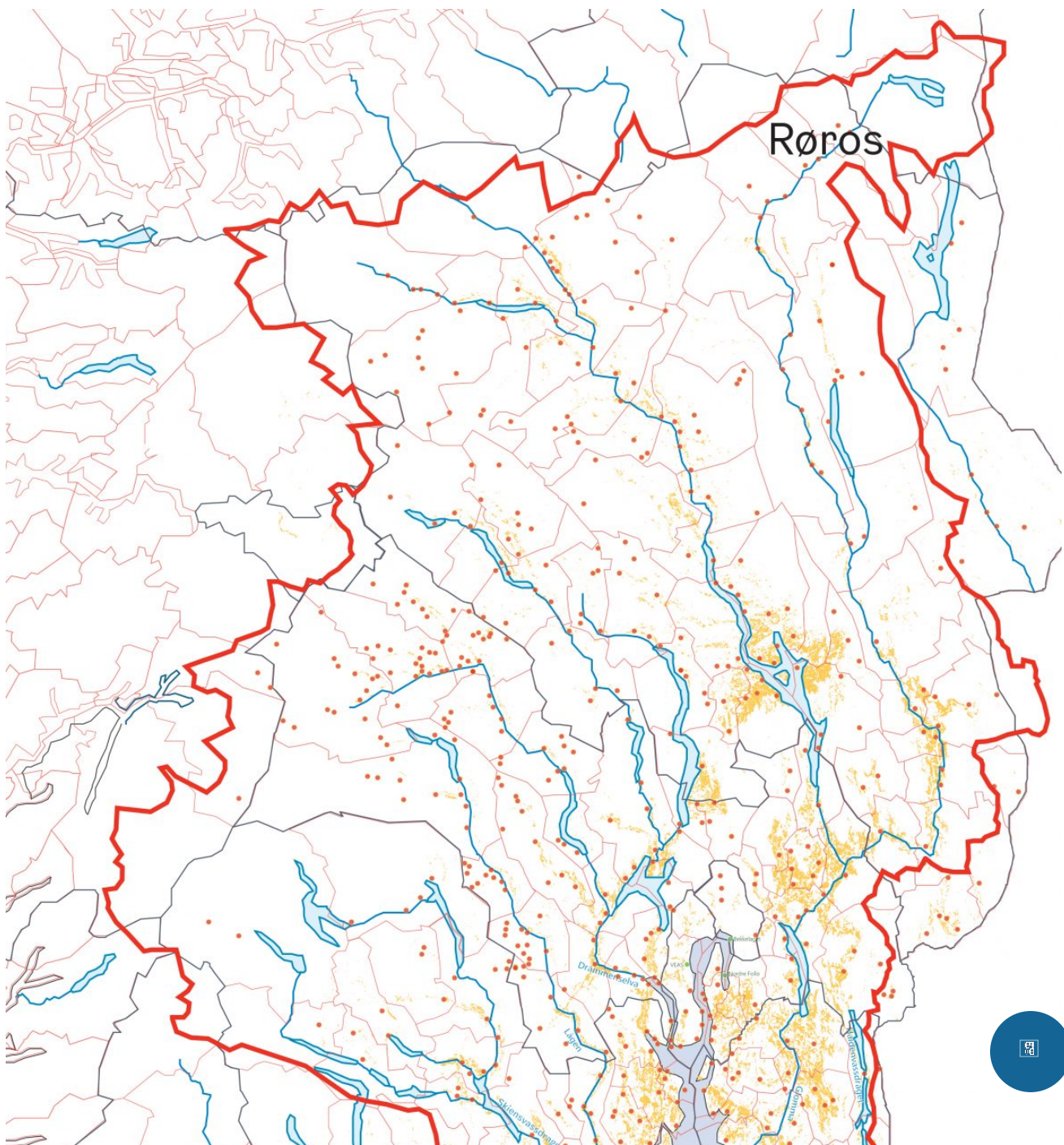


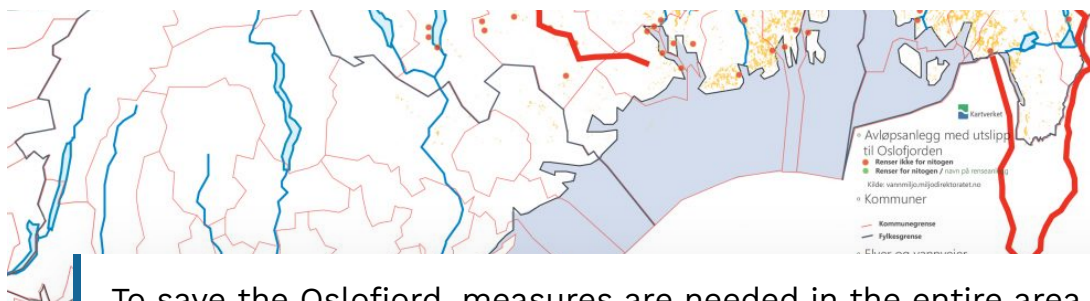
OF has organized many conferences. **The Oslofjord Conference** a while ago brought together many of the very best professionals. Here you will find individual lectures or recordings of the entire conference!



2. Vote for a healthy fjord

Political decisions have a great impact on the fjord. Use your right to vote to support parties and politicians who value nature and the marine environment. Ask questions, demand action and show that the Oslofjord is important to you. Also support unpopular, and perhaps costly, measures. The fjord has suffered from bad, short-term decisions for a long time. Saving it will require both will and investment. Keep an eye on which politicians prioritize the fjord and follow up with concrete measures. Thank them when they do a good job, and hold them accountable when they do not deliver.





To save the Oslofjord, measures are needed in the entire area where rainwater ends up in the Oslofjord. Half of Norway's population lives in this area, divided into 118 municipalities. **We need politicians who dare to introduce the necessary measures. Sign the petition demanding political action!**

3. Participate in volunteer activities and events

Both OF and other organizations participating in the Network for a Living Oslofjord regularly organize clean-up campaigns, information meetings and activities along the fjord. Bring your family, friends or colleagues – and make a local effort.



Join in the volunteer work!


4. Clean up the trash – every bit counts

Every piece of plastic you remove from nature is a step in the right direction. Bring a bag on your hike and pick up what you find. Help reduce the amount of trash ending up in the ocean, whether it's on the beach, along rivers, or in your neighborhood.

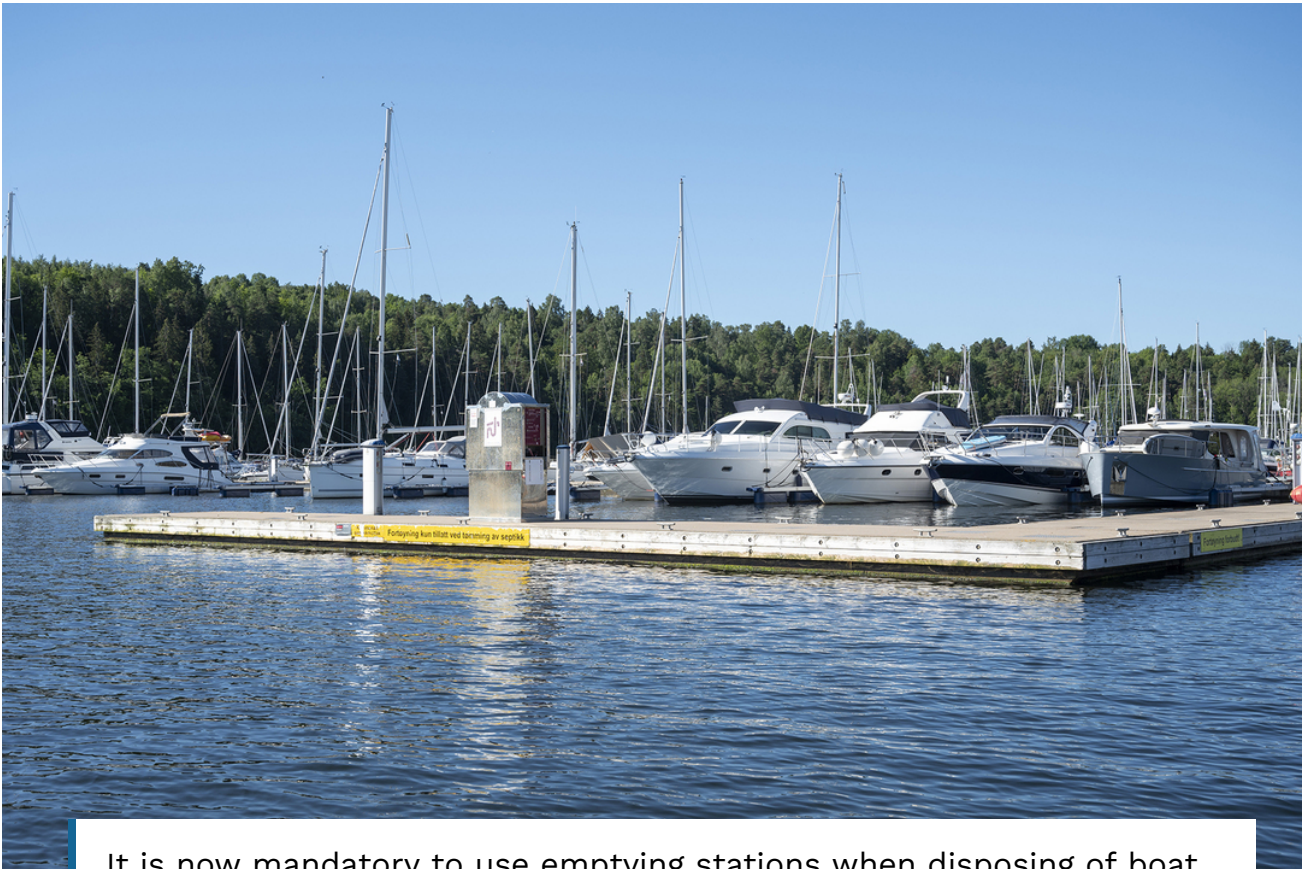


Clean up plastic and trash at your local beach. In many places you will find cleanup stations with trash bags and instructions on where to put what you have cleaned.

5. Make boating a little more environmentally friendly

Eco-friendly boating in the Oslofjord is about taking nature and marine life into account. Avoid using anchors and dredges in a way that destroys eelgrass beds or seaweed communities. The blue buoys are an environmentally friendly alternative – they have floats right above the mooring that lift the chain. Use the septic tank emptying stations  as both good for the fjord and pleasant for everyone who bathes. Take all trash ashore, drive slowly near shore and be considerate of birds and fish. Small, conscious choices make a

big difference for the fjord. Use environmentally friendly antifreeze and detergents. Do not release antifreeze into the fjord after winter storage. Small, conscious choices make a big difference.

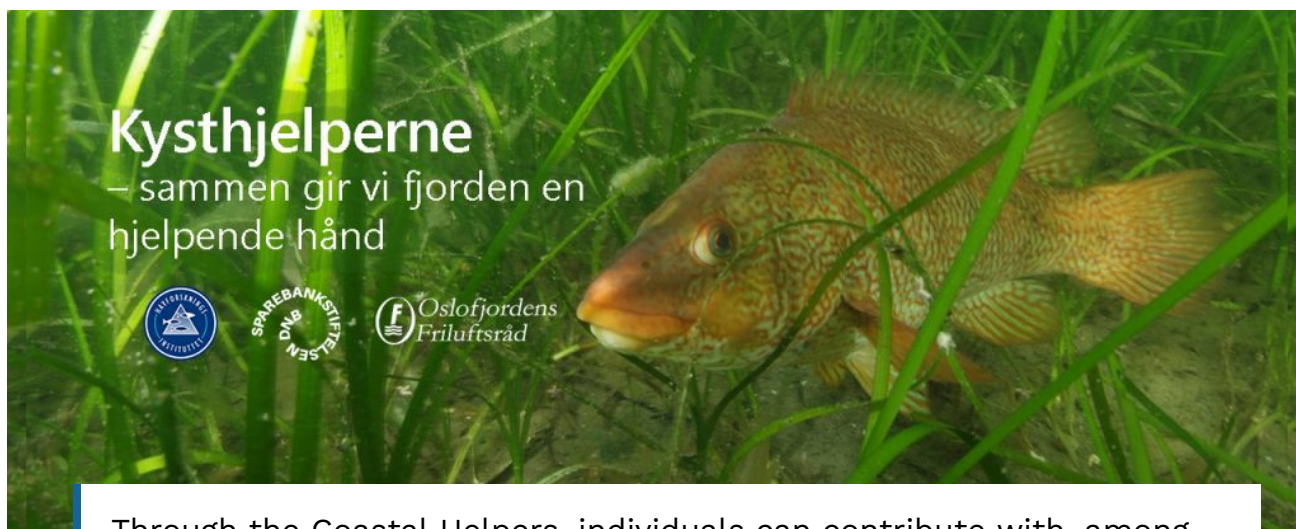


It is now mandatory to use emptying stations when disposing of boat septic tanks. Use them out of consideration for the fjord – and everyone who bathes.

6. Become a Coast Guard

Sign up as a volunteer through *Kysthjælperne* . Here you can participate in folk research projects and nature restoration. You can also help improve the level of knowledge about the fjord by registering species you find in [Dugnad for havet](#).





Through the Coastal Helpers, individuals can contribute with, among other things, folk research and practical measures for the fjord.

Become a Coast Guard

7. Follow the fishing rules – and fish in moderation

Overfishing is one of the biggest threats to life in the Oslofjord. Follow the current fishing regulations, and familiarize yourself with which species are vulnerable. Share your knowledge with other fishermen and help protect what is left of the marine life. Avoid losing equipment such as fishing rods, they can cause great damage. Do you see people breaking the rules? Tell them that cod is protected throughout the fjord!



Fishing for cod is prohibited in the entire Oslofjord. For a full overview of the rules for fishing, please see: [Directorate of Fisheries | Recreational fishing](#)

8. Choose environmentally friendly products and solutions

Choose eco-labeled products, reduce the use of chemicals in the garden and home, and avoid discharges that can affect waterways and coastal areas. Remember the do-vett rules; all water flows somewhere and often ends up in the fjord. Did you know, for example, that there are some sunscreens you should avoid?



Are you aware of what you are sending to the fjord in terms of chemicals, plastic and other things that the fjord does not want? What you put in the toilet should be quite simple!

Not sure about the dovett rules? Take a look here:

Dovett.no | [Only poop, pee and toilet paper should go in the toilet!](#)

More about which sunscreens you should choose:

Forskerzonen | [Did you know that some types of sunscreens are dangerous to nature?](#)



9. Use the fjord with respect.

Paddling, swimming and fishing – outdoor activities along the fjord provide great experiences. But be considerate. Keep your distance from seabirds during the breeding season, never throw waste into nature, and leave fragile areas alone.



Ensure good experiences, but show consideration for life in the fjord.

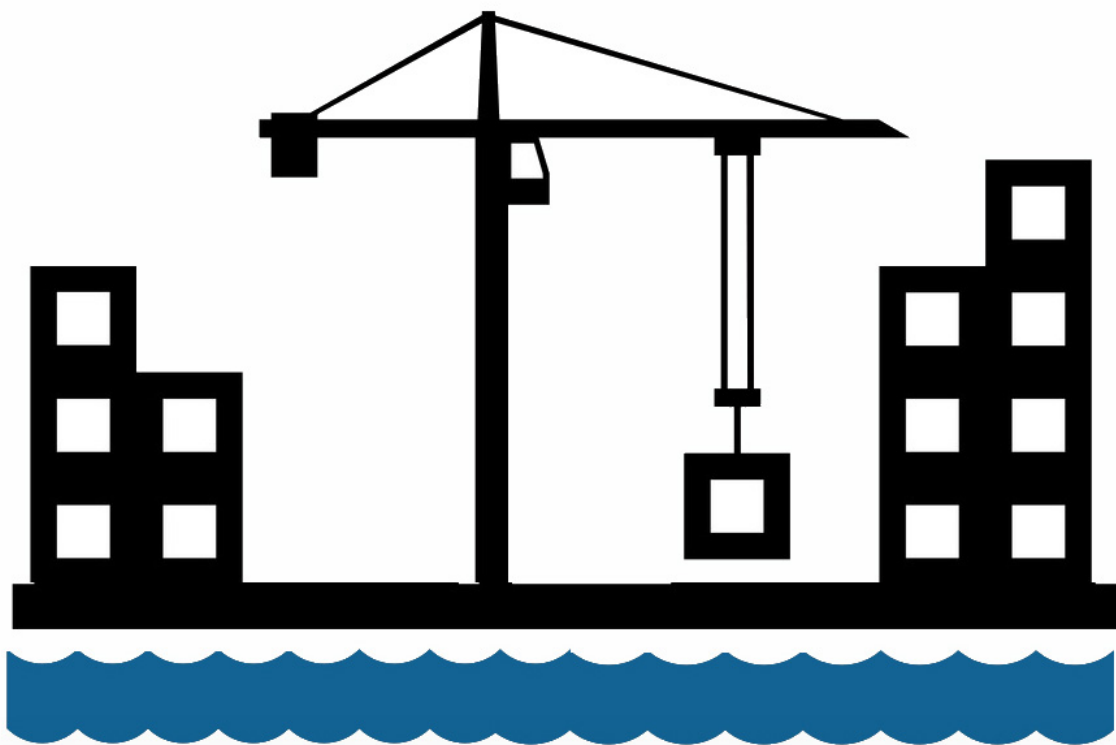
10. Help take care of the beach area

Nowhere else is the natural diversity inherently greater than where the sea meets the land. At the same time, there are few other places where we have more land built up, both on land and in the water. Help reverse this trend!

In just a few generations, we have built up large parts of the coastal zone and water surface. Do your part to stop this development – the coastal zone is an important part of



the ecosystem!



In just a few generations, we have built up large parts of the coastal zone and water surface. Do your part to stop this development – the coastal zone is an important part of the ecosystem!

The Oslofjord is our shared responsibility

No one can do everything, but everyone can do a little. By taking small but targeted steps in your everyday life, you help breathe new life into the fjord. It needs it – and we need it.

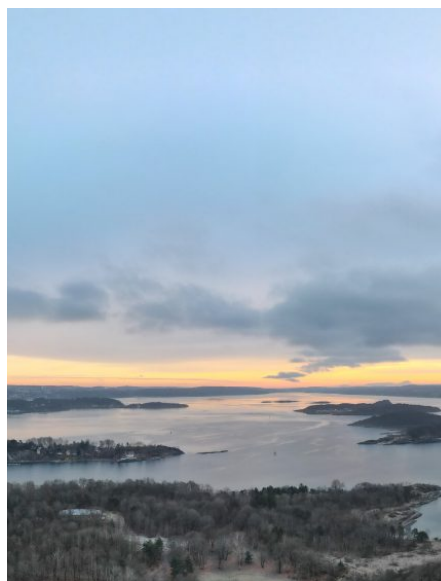
Read also



Buskerud Statements

Regional planning program Vest-Viken, water management plans 2028-2033

The Oslofjord receives water from large parts of



Current affairs

Save the Oslo Fjord

A long-awaited victory for the Oslofjord

It is good to see that the government is taking the situation in the fjord



Current affairs

Save the Oslo Fjord

More support to save the Oslo Fjord

We have recently received donation support from Akershus County Council and the

Eastern Norway and is affected by everything that happens in the watercourses upstream. To improve the environmental condition, water management must be strengthened and coordinated. Here are our inputs to the plan.

7. august 2025

seriously, says the Oslofjorden Friluftsråd. Because as the Prime Minister himself says: Now the fjord is crying out for help.

July 29, 2025

DNB Savings Bank Foundation. The funds will go towards several exciting tasks and projects that will help save the Oslo Fjord and promote outdoor activities.

June 27, 2025

Current affairs

Save the Oslo Fjord

What can YOU do to save the Oslofjord?

There is hope for the Oslo Fjord! Here are some tips on how you can give the fjord a helping hand.

June 27, 2025

Current affairs

Save the Oslo Fjord

We have received the Bergesen Prize!

The Oslofjorden Friluftsråd has been awarded the Bergesen Prize 2025 for our long-term work to protect and improve the environmental condition



of the Oslofjord.

June 24, 2025

Orders and purchases

Book coastal cabins

Become an Oslofjord friend

Order pennant

Straight out - kayak storage

Outdoor guidance

Bank account 8450
13 65512

Org. no. 971 454 415

People and missions

Employees

Projects

Follow along

Newsletter

Instagram

Facebook

Contact

post@oslofjf.no

Tel. 67 55 49 90

The office is open
Monday - Friday.

Telephone hours
09.00-11.30 and
12.30-14.00

Vaterlandsveien 27,
3470 Slemmestad

**Inquiry coastal
cottages**

kystled@oslofjf.no

