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I Am Going To Frogner Park!

**A Step-by-Step Guide On How To Visit The Vigeland Sculptural
Arrangement.**

by
Brett Bigham

Frogner Park is a fun place to visit in Oslo. The Park has beautiful gardens and is famous for the Vigeland Sculptural Arrangement.



Photo by Byarkivet - Wikimedia Commons

Let's visit Frogner Park!

This is the main gate to the park. Frogner Park is very large. Make sure you stay with your group!



Photo by Samuli Lintula - Wikimedia Commons

Let's head into the park!

Frogner Park used to be the garden estate of Frogner Manor. This historic building is now the Oslo City Museum.



Photo by KPH - Wikimedia Commons

If you visit the museum, remember, it is a serious place. Use a quiet voice and make sure you walk!

The Park has many things to see. Some of the gardens are very formal with pathways and flower beds.



Photo by Ignaz Wiradi - Wikimedia Commons

Some parts of the park are more like walking in the woods. Some of these trees are very old!



Photo by KPH - Wikimedia Commons

There is a lake in Frogner Park. Any time you are around water you have to be safe.



Photo by Stan Shebs - Wikimedia Commons

Stay with your group. This is not a place for swimming!

This park is famous for its statues. Look at all the statues on the bridge!



Photo by Quistnix - Wikimedia Commons

These statues are by the artist Gustav Vigeland. You will find his statues on the bridges and all over the park.



Photo by Giuseppe Garraffo - Wikimedia Commons

People come from all over to see the park and statues. Don't be scared by the statues! Some of them are quite silly!



Photo by Charles Hutchins - Wikimedia Commons

If the weather is nice you can sit on the grass and have a picnic. This is a great place to rest if you need a break.

In the center of the park is the Monolith. This is the tallest of the statues at Frogner Park. This is a good place to meet your friends if you get separated.



Photo by Nickrds09 - Wikimedia Commons

It can be very crowded near the Monolith. Make sure you stay with your group!

Let's go up the stairs and look at the Monolith. Remember, these statues are part of an outdoor museum. Don't climb on them!



Photo by Andrew Shiva - Wikimedia Commons

The Monolith is made up of sculptures of people wrapping around the column.



Photo by Grzegorz Wysocki - Wikimedia Commons

From the Monolith you can look across the park. Frogner Park is Oslo's biggest park so there is a lot to see!



Photo by Andre Shiva - Wikimedia Commons

If you visit the park in winter it looks very different! Make sure you wear your hat and coat!



Photo by Hans A Mosbach - Wikimedia Commons

These people didn't wear their coats!



Photo by Frofid - Wikimedia Commons

**Just kidding! Statues don't need coats!
I wonder what statue will be your favorite?**

Many people come to see this statue. It is called "Surprise" and is famous because the model was a girl named Ruth Maier. In 1942 Ruth was taken away to Auschwitz where she died at age twenty-two.



Photo by Eric den yngre - Wikimedia Commons

This is a serious place. People come here to think and remember Ruth.

In the summer time you can go swimming at the park. The Frognerbadet has a different entrance.



Photo by Hans-Petter Fjeld - Wikimedia Commons

This is a fun place to go. These people are doing a great job at the Frognerbadet. They are following the rules and having fun in the water!



Photo by Jac Brun - Wikimedia Commons

I hope you enjoy your visit to Frogner Park! I know you will have a fun time!

Ability Guidebooks are step-by-step instructions on how to access community destinations. For many people with autism and neuro-diversity, new situations can cause stress and discomfort. Ability Guidebooks help prepare people for new experiences. This is why I emphasize the places to sit and areas to relax.

This book will also help general ed teachers prepare their young students for a visit to the Vigeland Sculptural Arrangement.



Brett Bigham is the 2014 Oregon State Teacher of the Year and an NEA National Award for Teaching Excellence winner. Bigham is the first Oregon Special Education teacher to win these awards.

Bigham was named a Global Fellow by the NEA Foundation and traveled to Peru as an ambassador of that program. This allowed Bigham to create his first international Ability Guidebook for the Museo de Inka in Cusco, Peru. He has since made books for sixteen countries in five languages.

Text and Photos by Brett Bigham unless otherwise noted.

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