Dr. Gilberto Debelian

Dr. Gilberto Debelian received his D.M.D. from the University of São Paulo, Brazil, in 1987. He completed his specialization in endodontics at the University of Pennsylvania, U.S., in 1991 and received the Louis I. Grossman Postdoctoral Student Award in Endodontics. He concluded his Ph.D. studies at the University of Oslo in 1997 in endodontic microbiology and received two scientific awards from the European Society of Endodontontology and the Norwegian Dental Association in 1997. He is the author of four books and has written more than 60 scientific and clinical papers.

Dr. Debelian taught as a clinical instructor and associate professor in the postdoctoral endodontic program at the Section of Endodontics at the University of Oslo from 1991 to 2001 and from 2006 to 2010. Currently, he is an adjunct associate professor in the postgraduate program in endodontics at the University of Pennsylvania. In addition, he maintains a private specialist endodontic practice and an advanced endodontic microscopy center in Bekkestua, Norway.

Endo Inn is an endodontic training center in Norway. Its aim is to introduce to both general dental practitioners and specialists the latest technology in the specialty of endodontics in order to meet the essential biological requirements for predictable and successful outcomes. The center offers different types of courses, depending on the dentist’s schedule and area of interest. Participants will work on custom-designed workstations with operating microscopes connected to high-definition monitors. To give participants greater understanding of the complex root canal anatomy, transparent and opaque 3-D printed teeth are used. After treatment, participants can check their work using CBCT technology.

Endo Inn is located in Bekkestua, close to the city of Oslo. The capital of Norway is a cosmopolitan hub with an innovative and varied cuisine, including traditional Norwegian food, a diverse fashion and art scene, and beautiful architecture. Lively Oslo is one of the fastest-growing cities in Europe. The city is enclosed by the Oslo Fjord and wooded hills and won the European Green Capital Award for 2019. Its people are keenly engaged in the conservation of their natural landscape and the reduction of environmental pollution.

How to get there

Bekkestua is 13 kilometers from Oslo. Oslo has one airport (in Gardermoen) and the quickest way from the airport to the Oslo city center is with the Flytoget express train (http://flytoget.no/), which runs every ten minutes.

To get to Endo Inn from the city center, take the metro from Jernbanetorget station (a five-minute walk from Oslo central station, which is the final stop with Flytoget from the airport) or Stortinget station, Nationaltheatret station to Bekkestua. The ride takes about 15–20 minutes. From the stop in Bekkestua, it takes two minutes to walk to Endo Inn.
Oslo is a vibrant city full of museums, restaurants and shopping opportunities, and being compact, the city center can easily be explored on foot. Oslo’s fascinating landmarks are the Norwegian National Opera, which is Norway’s largest music theatre. It has 13 soloists and was awarded the accessibility prize for the way it seeks to make opera available and appealing to new audiences. The Astrup Fearnley Museum, right in the city center, is a museum of contemporary art and hosts exhibitions of international art and the Astrup Fearnley Collection, an extensive and important private collection of contemporary art. The Holmenkollen ski jumping hill is the oldest such sport venue globally. From there, you can enjoy a fantastic view over Oslo.

If you have a lot of stamina and want to see as much as possible from Norway, one option is the one-day Norway in a Nutshell tour (www.norwaynutshell.com). The tour takes you through some of the country’s most beautiful UNESCO-protected fjord and mountain scenery, including Aurlandsfjord and Naeroyfjord. Travelers will also experience the breathtaking Bergen Railway, the scenic Flåm Railway and the steep incline of the Stalheimskleva road.

**Where to stay**

The following hotels are all located in the center of Oslo:

The Comfort Hotel Grand Central is only a two-minute walk from Oslo central station and is located in the hippest part of Oslo. The hotel is newly renovated and has a modern New York style. [www.nordichoicehotels.com/hotels/norway/oslo/comfort-hotel-grand-central](http://www.nordichoicehotels.com/hotels/norway/oslo/comfort-hotel-grand-central) | TripAdvisor Certificate of Excellence | 4-star

THE THIEF hotel is well located near bustling Aker Brygge, a popular area by the Oslo Fjord. Just a stroll from Tjuvholmen beach, which used to be a haven for smugglers, the hotel is a modern hideaway with a relaxing spa and some top international art pieces. [https://thethief.com/](https://thethief.com/) | 2017 TripAdvisor Travellers’ Choice | 5-star

The newly renovated and very comfortable Scandic St. Olav’s Plaza is only a 5-minute walk from the Nationaltheatret metro station. [www.scandichotels.com/hotels/norway/oslo/scandic-stolavsplass](http://www.scandichotels.com/hotels/norway/oslo/scandic-stolavsplass) | TripAdvisor Certificate of Excellence | 3-star

The modern Citybox Oslo hotel is a five-minute walk from Oslo central station. The rooms and lounge are cozy and the design emphasizes simplicity. [2017 Tripadvisor Travellers’ Choice | 3-star](#)

**Where to eat**

Publiko serves mainly Nordic food with a twist. The restaurant is newly opened and, with its excellent food and good vegetarian menu, has been a great success. It is close to the Bogstadveien station. [http://publiko.no/](http://publiko.no/)

Südost is a highly recommended restaurant that offers cuisine crossing Asian and European culinary traditions — also try the cocktails. It is located in Grünerløkka, an area with many hip restaurants and bars. [http://sudost.no/en/](http://sudost.no/en/)

Mister India is a restaurant offering delicious regional Indian cuisine close to Oslo central station. [www.mister-india.no](http://www.mister-india.no)

Alex Sushi has two restaurants in Oslo, in Tjuvholmen and Solli. Watch the chefs create the best sushi in town. The menu includes general Asian food and good options for vegetarians. [www.alexsushi.no](http://www.alexsushi.no)

Himkok bar and distillery was recognized as the 20th best bar in the world in fall 2017. Its team of cocktail professionals produce tasty and creative concoctions using homegrown spirits and herbs. [www.worldsbestbars.com/bar/oslo-city-center/himkok](http://www.worldsbestbars.com/bar/oslo-city-center/himkok)