

Meet Kristoffer Frydenlund



From Architecture Graduate to Design & Construction Officer at Steen & Strøm

Kristoffer Frydenlund graduated as an architect in 2022 and joined Steen & Strøm as a Design & Construction Officer in September 2023. But he was already a familiar face at the company—while studying at the Oslo School of Architecture & Design, he gained valuable experience working at Steen & Strøm's Norwegian office, assisting on various design and pilot projects between 2017 and 2019.

"After graduation, I reached out to Steen & Strøm, and luckily, there was an opening on the construction team. My tasks vary, which I enjoy. I conduct feasibility studies and cost estimations, mostly for refurbishments of existing stores looking to expand in our Norwegian shopping centers, and sometimes in our Swedish centers, such as Kupolen and Emporia. It's fascinating to learn how things work across Scandinavian countries. A lot is similar, but local differences, like partnerships with contractors and consulting teams, make each project unique. Recently, I completed a project for Metro where Rusta opened a large store; before that, I worked on Jernia's store in the same center."

A day in Kristoffer's position

"Seeing a project from feasibility study to completion is incredibly rewarding. I find even small projects, like updating entrance doors or technical tasks such as upgrading ventilation and sprinkler systems, just as engaging as the larger ones. I've learned a lot about technical systems that were new to me, and project finances have also been a great learning experience!"

The strength of Steen & Strøm

"One of the strengths of Steen & Strøm is the knowledge exchange across Scandinavian teams. Being part of a large organization with diverse expertise is inspiring. I am given responsibility and autonomy—there isn't always someone telling me exactly what to do, so I get to find my own solutions. I know I have strong support and resources from the Oslo office if I need them, and that feels reassuring.

Since joining, I've gained a wealth of knowledge and look forward to tackling larger projects in the future. I feel challenged, I'm learning, and I'm happy to be part of the Steen & Strøm team!"