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Thomas Sando

Managing Partner

Thomas Sando is SANDS' Managing Partner. He is also the Head of the firm's group for EU, EEA and competition law.

Thomas has worked with competition law since 2005, and he assists large and medium-sized Norwegian and foreign companies in different industries, within all fields of competition law.

Thomas also focuses on public procurement law, and he regularly advises clients in negotiations concerning different types of commercial agreements.

He is rated in several international publications, e.g. in Legal 500 and Chambers Europe, where our clients describe him as a lawyer who is

Expertise areas

EU, EEA and competition law

Public Procurement

> ‘extremely service-minded and […] always responds quickly. In addition to his outstanding legal and commercial skills we should also highlight his work capacity, and his ability to make us feel like the most preferred customer.’

In 2022 Thomas is rated as a ‘Leading individual’ in EU and Competition in Legal 500.

Work experience

2022–
SANDS Advokatfirma DA
Managing Partner

2010–2022
SANDS Advokatfirma DA
Partner | Senior Lawyer | Senior Associate

2005–2010
Advokatfirmaet Thommessen AS
Senior Associate | Associate

2004–2005
Konkurransetilsynet
Executive | Adviser

2003–2004

Statens landbruksforvaltning avd. Handel og Industri

Executive

Education

2005

King's College London, University of London, UK

Postgraduate College Diploma in EC Competition Law with Merit,

2004

University of Durham, UK

Master of Laws in International and European Legal Studies with Distinction

2003

University of Oslo

Cand. jur.

Awards

2022

Legal 500

'Leading individual' in EU and Comptetition

2021

Legal 500

'Leading individual' in EU and Comptetition

2020

Chambers Europe

"He is able to formulate and communicate his observations and recommendations in a way that is understandable and gives the basis for implementing clear actions and necessary measures."

2020

Legal 500

"I have worked with Thomas Sando and he has a great way of being. He is a guy that you always can count on and has been of great help to get things done."

2019

Chambers Europe

"Thomas Sando provides non-contentious competition support, including merger clearance advice and compliance assistance. Clients describe him as "extremely service-oriented" and highlight his "broad technical knowledge.""