Øivind Farmen was born in Sandefjord in 1972. He completed his studies under Anders Grøthe at the Barratt Due Institute of Music with top grades in both chamber music and principal instrument (1995).

He has won numerous awards both in Norway and abroad, including first prizes at the Trophée Mondial de l'Accordéon in Portugal (1996) and the Internationale Akkordeonwettbewerb Klingenthal in Germany (1993).

He has collaborated with a number of distinguished musicians, including Elise Båtnes (violin), Øystein Baadsvik (tuba) and Ole Edvard Antonsen (trumpet/conductor), and given concerts in several countries from China to the US. He has appeared as a soloist with various wind and symphony orchestras and is working actively with composers on new works. He has multiple albums to his name in a variety of genres, ranging from baroque to contemporary to folk music. His albums have been nominated for the Norwegian Spellemannprisen award in both the folk and contemporary categories. In 2008 he was awarded an artist grant by the Arts Council Norway to allow him to

In 2008 he was awarded an artist grant by the Arts Council Norway to allow him to concentrate on his contemporary music practice.

He has taught principal instrument, chamber music and music performance at the NTNU Department of Music since 1995.