



NORWAY

Capital: Oslo
Population: 5.3 million
Currency: Norwegian Krone (NOK)

Language: Norwegian
Time Zone: EST plus 6 hours
Electricity: 230V. 50Hz

Fun Facts



- Pagan gods, like Odin and Thor, were worshipped in Norway before it converted to Christianity in 995.
- The per capita income of Norway ranks among the highest in the world. Norway is counted among the wealthiest countries in the world.
- In a survey conducted by Global Peace Index in 2007, Norway was rated the most peaceful country in the world.

Images of breathtaking Norway include deep fjords surrounded by mountain peaks, glaciers, waterfalls, and it's beautiful thousand-mile coastline. Its fjords probably capture the imagination most, but don't underestimate the power and majesty of the mountains, the changing moods of the sea, and the charm of the tiny villages nestled along the rugged coast.

Norwegians are proud of their history as a seafaring nation, including the Viking Leif Erikson, who crossed the Atlantic to America half a millennium before Columbus, Thor Heyerdahl, who proved his point on the amazing Kon-Tiki raft, and the thrilling Arctic and Antarctic expeditions of Roald Amundsen.

Norway's population of some five million people lives in an area of 150,000 square miles; its territory includes Spitsbergen and the Jan Mayen Islands in the North Atlantic. A constitutional monarchy governed by an elected parliament of 165 members, its head of state is King Harald V. Its economy depends on extraction and processing of raw materials, hydroelectric power, oil, natural gas, and forestry.

Knitted sweaters are a must to buy; their beautiful designs, inspired by history and tradition, are a part of the Olympic skier's uniform. Culinary specialties include baked salmon, *geitost* (brown goat cheese), *rommegrot* (sour cream porridge), *lefse* (cold potato flour roll with butter and cinnamon), and *multer* (cloudberries). Order a glass of Line Aquavit in a local bar - a Christmas schnapps that has crossed the equator twice before being bottled—and the natives will regard you as a true connoisseur.

VISAS, PASSPORTS, AND OTHER ENTRY REQUIREMENTS



Visas to Norway are **not required** for U.S. citizens. If you hold a passport from another country, please check with your local consulate about requirements for travel to Norway. All passengers traveling internationally are required to have a passport. Please carry proper identification (your passport) on you and do not leave it in your suitcase or hotel room.

European law requires you to carry your passport with you at all times.



COUNTRY CODES

The country code for Norway is 47. When calling to Norway from overseas, dial your international access code (011 from the U.S./Canada), followed by the country code, area code, and phone number. Phone numbers in Norway are 8 digits in length. Dialing from the U.S./Canada: 011 47+#+####.



CURRENCY

The official currency of Norway is the Krone/Kroner.

Bank hours: 8:15 a.m. to 3/3:30 p.m., Monday through Friday. Most banks stay open until 5 p.m. Thursdays.

U.S. Dollars are generally not accepted, but if in exceptional cases they are, change will be given in the local currency (Norwegian Kroner).

1 NORWEGIAN KRONE (NOK) = 100 Øre

- Banknote denominations: Kroner - 50, 100, 200, 500, 1000 Kroner
- Coin denominations: 50 Øre; 1, 5, 10, 20 Krone/Kroner

For the most current exchange rates, please go to our website at globusfamily.com/currency.

Credit cards are accepted in Norway (mostly Visa and MasterCard), and you should have no problems using them in larger shops and restaurants. Smaller shops may ask you to pay in cash or have a minimum amount required to use a credit card.



BUDGETING AND SHOPPING

The following budget guidelines are just approximate values or starting values for meals and are per person. Actual prices will vary widely by restaurant and city within a country but below are some averages as provided by our experienced personnel.

- The approximate cost of a soft drink/mineral water/coffee is 25-40 NOK.
- An average lunch consisting of a salad or sandwich and a soda or water starts at approximately 120-200 NOK.
- Dinner at a mid-range restaurant with dessert and a non-alcoholic beverage starts at approximately 360 NOK.

Shopping specialties: knitted sweaters, pewter, trolls, handicraft, rosemaling.



TIPPING

For restaurant services, we recommend a 10% tip for wait staff for good service.

For taxis, an average tip is 10% of the fare.

Tip hotel staff approximately 15 NOK for room service.

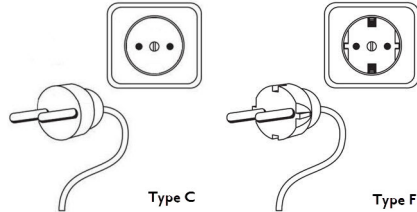
A few small denomination coins will be needed for public toilets.



ELECTRICITY AND ELECTRICAL OUTLETS

Outlets

Voltage for outlets is 230V. North American voltage is generally 110V. Therefore, you will need a converter for your travels. Adapters will be necessary to adapt your plug into the outlet, but these may not convert the voltage, so both devices are necessary.



TEMPERATURES

Given the latitude, Norway enjoys surprisingly mild weather. Rain falls mainly in the spring, while summers stay pleasant and winters are, well, wintry. Pack lightweight clothes with a few warm layers in the summer and autumn. Rain gear is essential in spring. Bring warm clothes, heavy coats and boots for winter.

To help you plan, below are average low and high temperatures for Norway.

Month	Oslo	Bergen	Lillehammer	Telemark
January	19/34°F	40/32°F	14/25°F	18/29°F
February	19/36°F	31/40°F	12/29°F	15/28°F
March	27/43°F	32/42°F	19/39°F	19/33°F
April	34/48°F	37/49°F	28/48°F	26/39°F
May	45/61°F	42/55°F	35/60°F	33/50°F
June	52/68°F	47/60°F	44/67°F	39/57°F
July	55/72°F	52/64°F	48/71°F	44/63°F
August	54/68°F	52/64°F	46/68°F	43/61°F
September	45/61°F	47/59°F	40/58°F	38/52°F
October	36/50°F	41/51°F	32/44°F	30/41°F
November	30/39°F	36/44°F	23/32°F	22/31°F
December	23/30°F	32/40°F	13/24°F	16/28°F

To convert to Celsius, subtract 30, then divide by 2. While not exact, this simple formula will give a close estimation.



FOOD SPECIALTIES

Baked salmon, *geitost* (brown goat cheese), *rommegrot* (sour cream porridge), *lefse* (cold potato flour roll with butter and cinnamon), *multer* (cloudberries), and Line Aquavit (Christmas schnapps).



A FEW WORDS OF THE LOCAL LANGUAGE

Norwegian:

Good Morning: God morgen, **How do you do:** God dag, **(Many) thanks:** (Mange) takk, **Where is...?:** Kan du si meg hvor...er?, **Smoking forbidden:** Royking forbudt, **Toilet: (Gents)** Toalett-Herrer, **(Ladies),** Damer, **1:** En, **2:** To, **3:** Tre, **4:** Fire, **5:** Fem, **6:** Seks, **7:** Sju, **8:** Atte, **9:** Ni, **10:** Ti, **Still mineral water:** Mineral vann uten kullsyre, **Beer:** Ol, **Wine:** Vin, **Cheers!** Skal!, **Good Night:** God natt.

U.S. DEPARTMENT OF STATE COUNTRY INFORMATION

Additional country-specific information for U.S. citizens can be found on the U.S. Government's website www.travel.state.gov. Here, you can find the most up-to-date information about destination descriptions, passports/visas, safety and security, transportation, travel local laws, alerts/warnings, vaccinations, and more. For citizens of other nations, we recommend you consult your local consulate for travel information, regulations, and requirements.

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