1. I would like to try Bayesian methods for analyzing longitudinal data in this example for their ability to incorporate prior information in estimating simple and complex models. Bayesian methods also have unique strengths, such as the systematic incorporation of prior information from previous studies. These methods may be more plausible ways to analyze small sample data compared with the MLE method.
2. The sample with 1% margin of error should be around 10000 considering the Norwegian population size of around 5 million.

Depending upon the resources available it can be anywhere between 100 persons to 1% of the total population. But 1% is a huge number.