



IAESTE App: Country Information

General information:

Country: Norway

Capital: Oslo

Population: 5 265 158

National language(s): Norwegian and Sami

Currency: NOK (Norwegian crown)

Time zone: CET (UTC + 1), Summertime CEST (UTC + 2)

Voltage: If you bring electronics, ensure that it will operate on a voltage of 240V AC. In Norway the power sockets are of type F, also compatible with the Europlug. If you wish to use something else you will have to bring an adapter or buy one. It is highly recommend buying an adapter before leaving your own country as the adapters we usually find in Norway are from type F to other socket types. These are available from shops at most airports.

Phone country code: +47

Cities with IAESTE LCs: Bergen, Grimstad, Oslo, Stavanger, Tromsø, Trondheim, Ås

Climate: Each season has its own charm and character. The weather and temperatures can change quickly, especially in the mountains. It also varies very much where in the country you are. So whether summer or winter, autumn or spring – make sure you are prepared with good footwear and warm and waterproof clothing.

Spring: March - May

Summer: June - August

Autumn: September - November

Winter: December - February

For information about the different seasons, see : www.visitnorway.com/plan-your-trip/seasons-climate/

Weather forecast: www.yr.no or www.storm.no

Travel tips:

Fun facts about the country:

- Norway introduced salmon sushi to Japan.
- It's illegal to die in Longyearbyen, cause the permafrost is preventing the bodies from decomposing.

- We got a knighted penguin.
- Norway has won the most gold, silver and bronze medals in the winter olympics.
- Sognefjorden is the deepest fjord in the whole world, it's 1 308 m deep.

Cities/towns that you recommend visiting:

- **Oslo.** The city in the Oslo fjord and a Capital of Norway with a population of 674 000 has a huge cultural history. Like the most cities in Norway, the buildings are pretty low and the city is spread so the city transport is needed if you don't want to walk a lot. It is recommended to walk down it's main street, *Karl Johans Gate*, starting at the *King's Palace* (open for the tourists during the summer) at the Slottsparken and ending at the *Opera* and *Barcode buildings* known for its unique architectural design in Oslo. Near the Opera, there is also *Akershus Festning* free of charge. *Folkemuseum*, a short bus ride away, will show you how norwegians lived through the history. There are theater shows arranged with music and many activities when the weather is nice. Taking the same buss further, there is the *Vikingskipshuset* which has the best preserved viking ships in the world. If you want to visit the very popular *Holmenkollen Ski jump* and the *Museum of Skiing*, just take a metro. The cityview is just amazing. *The Vigelandsparken*, the park known for its human sculptures, is very popular tourist attraction during the summer. People come here to relax, train, enjoy the sun, smell the blooming flowers, and take a lot of pictures of course. *The angry baby* is a sculpture you should definitely take a picture with. From places to go out, *Blå* is definitely one you should visit.
- **Bergen,** Bergen is the second biggest city in Norway. It's known for its 7 mountains and rainy weather. Ulriken is the tallest mountain around Bergen and it's 643 m above sea level. Another popular mountain is Fløyen, you can take the Fløibanen if you don't enjoy hiking. On Fløyen you will be able to see the whole city, the walk up and down is very easy and it's close to the city center. Bryggen is a place in Bergen that is a very popular destination with its Medieval Hanseatic wooden building. Bryggen is close to the city center, max 5 min away and you can find Fish market close to Bryggen. You will find the Fish market outdoors when it's summer and indoors when it's winter. You can buy typical norwegian dishes at the Fish market and all the fish is as fresh as it gets. If you enjoy art, KODE is a place to visit. One ticket will give you free access to all 4 art museums. They are placed in the city center and are easy to locate. Bergen Aquarium has a fish from the North Sea, together with penguins, seals and even sharks. There are more than 50 different tanks with beautiful fishes.
- **Stavanger,** located in the southwestern part of Norway, is surrounded by beautiful fjords, mountains and long white beaches. Being Norway's oil and energy capital, the city attracts different nationalities and can offer an urban and lively atmosphere along with its scenic landmarks. A walk through the city will show you one of Norway's oldest Cathedrals and old white cottages from the preserved "Old Stavanger", as well as new additions to the city. We highly recommend visiting the petroleum museum or enjoying a cup of coffee or a drink in the colorful shopping street, "Øvre Holmegate". The wonderful nature in the region is easily reached with good connections. Take a boat tour and cruise through Lysefjorden to view fjord from below or a bus to hike up for a scenic photo at Preikestolen or Kjeragbolten.
- **Trondheim** finds its place in the middle Norway. This little charming city is 3rd biggest city in Norway and a home for 30 000 students. They shape the culture of the city by arranging many activities. If you want to taste a bit of a student life, visit the

restaurant at the Samfunnet, driven by the students, where all the employees starting from the chef to the waitress are volunteering students. The food is tremendous. The Nidaros Cathedral in the city centre is spectacular by its old architecture style and its history attracts people from the whole world. Some of the most popular museums in Trondheim are the Museum of Art, the Museum of Decorative Arts, the Archbishop's Palace and Norwegian National Museum of the pop music. Trondheim's architecture is warm and old impregnated with modern buildings which together with the mountain landscape and the river passing through the city centrum gives you rich material for taking of the breathtaking photos.

- **Tromsø** is a city in the northern Norway popular for the northern lights. This city is only 9th most populous municipality in Norway, and yet, there are many activities to do and museums to visit there. The Fjellheisen (funicular) will lift you up 371 meters for 4 minutes to the orchestra place to see Tromsø in panorama. Here you can enjoy a spectacular view of Tromsø, with an almost endless view of islands, fjords, mountains and sea. If you turn the other way, you will see the majestic Tromsdalstinden which towers 1,238 meters above sea level. There are museums in Tromsø dedicated to the polar expeditions, the culture of the indigenous people of Norway, Sami, the northern lights and the world's northernmost brewery find its place there too. If you like the reindeers, you can take a ride on reindeer sledding while watching the northern lights and then take a non-alcoholic ice shot in the hotel made of the ice. During the summer, there is arranged the Midnight Sun Marathon visited by 5500 people from all parts of the world.

Other places you recommend visiting:

- **Lysefjorden** is a fjord 25 km east of the city of Stavanger. It's 42 km long and 422m deep at its deepest point. It is well known by the huge *Preikestolen* ("Pulpit Rock") cliff overlooking the fjord at the height of 604m above the sea. To access there, you have to take a 3,8 km long hiking tour. *Kjeragbolten*, the boulder at the mountain Kjerag, is the second most popular place at the Lysefjorden. It is a round stone placed between two mountains at the height of 1000m above the sea level. It is possible to stay on it - if you dare! A hike to the Kjeragbolten itself challenges your adrenaline levels.
- **Lofoten islands** is an archipelago known for a distinctive scenery with dramatic mountains and peaks, open sea and sheltered bays, beaches and untouched lands. It is known as a place of leading fishing industry in Norway and its fish is transported to all parts of the world. The islands are very popular place for outdoor activities such as rock climbing, mountaineering, cycling, whale safari and surfing. This is place where the sun is up 24/7 during the summer. One of the most popular islands is *Henningsvær* where you can find and visit a Caviar Factory. Henningsvær is also known as a perfect place for rock climbing. You can also go climbing and mountaineering at *Austvågøy* and *Moskenesøya*. If you like surfing, the island *Unstad* is a good place to start with. *The Lofoten Insomnia Cycling Race* takes place every year around midsummer, possible in the midnight sun, but surely in 24-hr daylight, along the whole Lofoten archipelago. One more island you should visit is *Værøy*. There are many companies arranging safari tours where you will get the ability to see the whales and enjoy the view.

- **Svalbard** is a Norwegian archipelago in the midway between Norway and the North Pole. The 60% of its area is covered in glacial ice. Since Svalbard is located north of the Arctic Circle, it experiences midnight sun in summer and polar night in winter. At 74° north, the midnight sun lasts 99 days and polar night 84 days. During the winter you will be able to see the polar light. Close to the Longyearbyen, there is a seedbank to store seeds from as many of the world's crop varieties and their botanical wild relatives as possible.
Polar bears are the iconic symbol of Svalbard, and one of the main tourist attractions. The animals are protected and people moving outside the settlements are required to have appropriate scare devices to ward off attacks. They are also advised to carry a firearm for use as a last resort.
Make sure to have the right equipment when going to the glacier hike, driving the dog sled or just going to the polar bear safari.
- **Sogn og Fjordane** in Western Norway is a home of the *Urnes Stave Church* from the 12th century, the oldest of its kind. It is also where the *Sognefjord* "The King of the Fjords" lies. Sognefjord is the largest and deepest fjord in Norway with the length of 205 kilometers and the maximum depth of 1 308 metres below sea level. The inner end of the Sognefjord is rising up to 2 000 metres above sea level and covered by the *Jostedalsgreen*, continental Europe's largest glacier. Close to the fjord, there is also a *Jotunheim National Park*, one of the country's premier hiking and fishing regions.
- **Trollstigveien** (The Trolls' Path) in Åndalsnes, Møre og Romsdal is a part of Unesco's World Heritage List. An impressive roadway where the road winds in 11 turns along steep mountain sides. Each turn has its own name, often called after the chairman of the construction team that built the turn. You can also admire *Trollvegen* at the back of Trollstigen. Here you should not be afraid of heights!
- **Hvaler** (Whales) in Østfold is an island municipality consisting of 833 islands, islets and reefs. Here you can fish, sail, and experience the unique archipelago. You can travel by bus to Hvaler in about 2 hours from Oslo.
- **Ålesund**. It is said that in Ålesund you must always look up. It is the city where mountains and fjord meet the sea. A must is to see the Art Nouveau style of Ålesund, or take a trip to the majestic *Sunnmøre Alps*.

Airports with budget airlines (*Wizz Air, Ryanair, EasyJet, Transavia, Norwegian*):

- **Norwegian airlines** - Oslo Gardermoen, Oslo Sandefjord/Torp, Bergen Flesland, Trondheim Værnes, Tromsø Langnes, Stavanger Sola, Kristiansand Kjevik, Longyearbyen (Svalbard), Harstad/Narvik, ect.
- **SAS Airlines** - Oslo Gardermoen, Bergen Flesland, Trondheim Værnes, Tromsø Langnes, Stavanger Sola, Kristiansand Kjevik.
- **Wizz Air** - Not for national flights. Oslo Gardermoen, Oslo Sandefjord/Torp, Bergen Flesland, Trondheim Værnes, Tromsø Langnes, Stavanger Sola, Kristiansand Kjevik, Kristiansund Kvernberget.
- **Ryanair** - Oslo Torp

Website(s) with travel connections inside the country (*train, bus, public transportation, ridesharing*):

- www.ruter.no for transportation in Oslo,

- www.nsb.no for trains in whole Norway,
- www.hurtigruten.no for a boat,
- www.nettbuss.no for buss across country and to Sweden,
- www.flybussen.no for buss to the airport in Oslo, Bergen, Trondheim, Stavanger, Bardufoss, Harstad/Narvik, Haugesund, Kirkenes and Kristiansand.
- <https://www.skyss.no/> - buss and tram in Bergen.
- <https://www.kolumbus.no/> transportation in Stavanger

Traditional food and drinks you recommend trying:

- **Aquavit/Akevitt** - It is a distilled spirit that is principally produced in Scandinavia, where it has been produced since 15th century. Akevitt is distilled from potatoes and grain, and is flavoured with a variety of herbs. The lowest amount of alcohol to be called Akevitt is 37,5%. It is served in a shot glass, usually together with a beer, and drunk mostly during the festive gatherings, such as Christmas dinner and the weddings.
- **Pinnekjøtt** (stick meat)- This is a traditional Christmas dish in western and northern parts of Norway. It's made of sheep/lamb meat and normally takes 1 day to cook. It's served with mashed rutabaga, potatoes, beer and akevitt.
- **Smalahove** - This is sheep head. It's said to be very tasty and salty western Norwegian dish. Normally you would eat it before Christmas. The head is normally salted and dried and sometimes smoked. The brain is removed, but the rest is still there. The eyes and ears are normally eaten first, since they taste better warm. The dish was normally eaten by the poor, but it's now considered as a delicacy.
- **Brunost** or brown cheese is considered as very important part of Norwegian gastronomical and cultural identity and heritage. It is made by boiling a mixture of milk, cream and whey carefully for several hours so that the water evaporates. The heat turns milk sugars into caramel, which gives the cheese its characteristic brown colour and sweetness. Some are made of both cow's and goat's milk. The cheese is usually used as a topping on a sandwiches, waffles, crispbread and biscuits. Many eat it together with a jelly.
- **Knekkebrød** is a crispbread is a flat and dry type of cracker containing mostly rye flour. It was for a long time considered as a poor man's diet. However, in recent years there has been renewed interest in crispbread in the Nordic countries. Its origins are coming from Sweden, and yet it is very popular here in Norway too. Its longtime freshness does it possible to bring it in "matpakke" for work, school, hiking or telting for few days.
- **Havregrøt** is an oatmeal porridge considered as a very healthy meal because of its nutritional values. It is made of different kinds of dried oats boiled in a water or milk usually eaten with a little butter and fruit, jelly or sugar on top. In the history the porridge was an important part of the nutrition where the fish was eaten only during the holidays.
- **Raspeball**, also known in some areas as a kumle, komle, klubb, kompe or potetball is a potato dumpling, and is a traditional Norwegian dish. It consists of grated potatoes, where typically half is precooked and half is raw, salt and varying kinds of flour. In many areas, the raspeball is filled with bits of salted lamb or pork. It is most common in the southern, western and middle parts of Norway. In western Norway, the dish is traditionally consumed on Thursdays.

- **Lutefisk/ "lye fish"** is a traditional part of Norwegian Christmas Dinners. It is made of air-dried or dried/salted white fish (cod, ling or burbot) and lye. There are different types of preparing the fish, and the most common is steaming of low temperature for half an hour. It is served with boiled potatoes, mashed green peas, melted butter and small pieces of fried bacon. Some of people like to eat it with brown cheese, mustard sauce and potato cake "lompe".
- **Lapskaus** - This is a Norwegian dish made of meat and mashed potatoes. It's normally made by leftover meat, potatoes and vegetables, such as carrots. It's very easy to cook.
- **Fårikål** - This is considered the national dish of Norway. It contains mutton with bone, cabbage and whole black peppers. It has to be cooked for hours and it's served with potatoes. The dish is inspired by the Danish dish, but they make it with goose or duck meat.
- **Lefse** - Soft flatbread, made with butter, sugar, flour, potatoes and milk or cream. You can get many different types of Lefse. Some are sweet and meant for dessert, others are made for dinners. The most common one is the sweet one and it contains often sweet cream made of sugar and cinnamon.
- **Whale Steak** - Norway is known for its whale meat.

Tipping in the restaurants:

The waitress salary in Norway is, by law, not dependent on the tipping, so they will survive even with no tipping at all. However, you will get the possibility to tip, and the money is usually shared between the waiter and the kitchen. If you want to pay extra for the service you have received, and still not spend a lot of money, you can round your total amount to the closest 10 or 100 nok, or be very nice and add 20% extra to the price you are paying if the bill is not too big. Norwegians are aware of a fact that Norway is pretty expensive for the tourists.

Discounts for transportation:

Use code UNDER26 for Norwegian airlines when buying fly ticket.

The city transport has usually a discount for a students. This discount varies from city to the city, so make sure to ask for it when buying a ticket.

What is the common greeting in your country:

A hug is typical if you have met people before. Otherwise, when meeting people for the first time, a handshake is totally normal.

Emergencies - numbers:

Police: 112

Ambulance:113

Fire station: 110

Any other interesting or useful information:

Going out:

If you want to go out to clubs and bars on the weekend, be aware that the age limit in the most places is pretty high, above 21 or higher. For those below 21, the good solution are student bars and pubs. You must have a valid ID with you wherever you go, because you

may be asked to show it both at the entrance and while buying the drink, even if it is just a tea. This is usual if you look younger than you are.

Alcohol sell:

Norway is pretty strict when it is about the alcohol and tobacco sell. You will usually be asked to show your valid ID when buying these.

If you want to buy some alcohol beverages under 4,7% alcohol, such as beer and cider, you will be able to find these in the foodmarkets. The hours when you can buy them are from 10:00 until 20:00 o'clock during the weekdays, and from 10:00 until 18:00 o'clock during Saturdays. There is no alcohol sell during Sundays and holidays. Although, the hours for buying may deviate from place to the place.

If you want to buy alcohol beverages over 4,7%, such as wine and spirits, you must go to the Vinmonopolet store which has opening hours 10:00 - 18:00 during the weekdays, and 10:00 - 15:00 during the Saturdays.

These opening hours may deviate from the store to the store, so to be sure, visit their web site and check the opening hours for the closest Vinmonopolet:

<https://www.vinmonopolet.no/vmp/english-category>

Please also attach ~10 pictures with the most beautiful places from your country and any nice group pictures from your summer reception. Make sure the authors of the pictures agree with you sharing them. If you search for images on Google, first go to 'Advanced search' and set the usage rights to 'free to use or share'. You can also try www.pixabay.com for images that are free to be used.