



Facts about Norway

System of government: Constitutional monarchy and parliamentary democracy

Head of government: Prime Minister Erna Solberg

Area: 148,709 square miles

Population: 5,077,798 inhabitants (as of 1 July 2013)

Capital city: Oslo

Languages: Norwegian , English is widely spoken.

Religion: Church of Norway_(Protestant Christianity)

Currency: Norwegian kroner (NOK) 1 krone = 100 øre

Time zone: Greenwich Mean Time (GMT) +1 hour

National day: 17 May

Passport and visa requirements

A valid passport valid for at least three months is necessary for travel to Norway . For some nationals a visa is required as well. For full details about visa requirements and application procedures, go to <http://www.norway.org/>

Customs and regulations

Alcoholic beverages

Minimum age: 18/20*

1. 1 liter of beverages with more than 22% up to and including 60% alcohol per volume as well as 1½ liters with more than 2.5% up to and including 22% alcohol per volume or three liters with more than 2.5% up to and including 22% alcohol per volume
and
2. 2 liters of beer with more than 2.5 % or other beverages with more than 2.5% up to and including 4.7% alcohol per volume.



This means that you may for example bring with you five liters of beer provided you do not have any other alcoholic beverages with you.

*For importing alcoholic beverages with more than 22% alcohol per volume the minimum age is 20.

Tobacco

Minimum age: 18

200 cigarettes or 250 g of other tobacco products and 200 leaves of cigarette paper.

It is prohibited to import the following without special permission:

- Drugs, medicines and poisons (minor quantities of medicine for personal use are permitted)
- Alcohol over 60% per vol.
- Weapons and ammunition
- Fireworks
- Potatoes
- Mammals, birds and exotic animals
- Plants/parts thereof for cultivation

Electricity

220 volts AC (50 Hz) is the Norwegian standard.

If you are traveling with electrical or electronic devices be sure to bring a two-pin continental adapter with you

Currency and Prices

You need Norwegian currency in shops, restaurants, hotels and museums. The Norwegian currency consists of "kroner" (NOK) and "øre". 100 øre equals 1 krone. Find out the for your own currency go to www.xe.com

Paying for goods and services

Cash

It is always a good idea to have a bit of cash on you, and you need Norwegian currency to get by. You will find ATMs everywhere in towns and cities, and in most rural areas there will at least be one place where you can withdraw money, such as a kiosk or a petrol station.

Opening hours

If you wish to withdraw money over the counter, bank opening hours in Norway are usually



9 am to 3:30 or 4 pm Monday to Friday, with longer opening hours on Thursday (usually until 5 or 5:30 pm). Banks are closed Saturday and Sunday, and on bank holidays.

Credit cards

The use of credits cards is widespread in Norway, and they are accepted almost everywhere, even for small amounts such as for parking and toll fees. Eurocard, MasterCard, VISA, American Express and Diners Club are the most common.

Please note that some grocery shops or supermarkets do not allow foreign credit cards, although they happily take debit cards. If in doubt ask before shopping.

Tax free shopping in Norway

Fast facts

In Norway, **sales tax/VAT** is included in the retail price and amounts to **25%**. For food the rate is 15%.

- The goods must be exported in unused condition **within a month of purchase**.
- The tax refund service is applicable to **all residents** provided they live outside Norway, Sweden, Denmark and Finland.
- The minimum purchase amount is **NOK 315 on regular goods**, and NOK 290 on foodstuff. This applies to goods bought at one retailer on one given day.

Please note that you can only claim VAT refund for goods you will take with you **out of the country**. Services are therefore not included, nor is food you consume during your stay.

Average daytime temperatures

	Oslo	Bergen	Trondheim	Bodø	Tromsø
January	24.3°F	36.9°F	26.6°F	28.0°F	24.1°F
February	24.8°F	37.4°F	27.5°F	28.4°F	24.4°F
March	31.6°F	40.8°F	32.0°F	30.9°F	27.1°F
April	40.1°F	46.4°F	37.4°F	36.5°F	32.5°F
May	51.4°F	55.2°F	48.2°F	45.0°F	40.6°F
June	59.4°F	59.2°F	53.6°F	50.7°F	48.4°F



July	61.5°F	61.8°F	55.9°F	54.5°F	53.2°F
August	59.4°F	61.3°F	54.5°F	54.1°F	51.4°F
September	51.4°F	55.9°F	48.2°F	48.2°F	44.1°F
October	43.3°F	49.6°F	41.9°F	41.5°F	36.9°F
November	33.2°F	42.4°F	32.9°F	34.2°F	30.0°F
December	26.4°F	37.9°F	28.4°F	29.8°F	26.1°F

What clothes should I pack?

Whatever the season, the Norwegian weather is liable to change from day to day. So it is a good idea to bring a selection of items

Your luggage should include some light clothes, items you can layer (that way you can add or remove layers depending on temperature), at least one warm jumper, waterproof coat and/or umbrella and comfortable walking shoes/boots/trainers.

If you go during **the winter**, you will need an overcoat, scarf, gloves and warm shoes/boots.

In autumn and spring, you may want to bring waterproof trousers and boots.

For the summer, lighten up, but remember that even summer evenings and nights can be chilly, particularly in the mountains.