Discovering *Norway*

One of the happiest countries on earth, Norway captivates with its breathtaking natural beauty, from dramatic fjords and snow-capped peaks to the awe-inspiring natural phenomenon that is the Northern Lights. This stunning Scandinavian country seamlessly combines the raw wilderness of the outdoors with sophisticated urban charm in cities such as Oslo and Bergen, where charming wooden houses in an array of colourful hues meet modern design and rich cultural heritage.

Regardless of when you visit, the never-ending array of activities means that you'll never run out of things to do – whatever the season. Hike along majestic coastal trails, fish in azure waters, or engage in thrilling winter sports on pristine ski slopes. Norway is renowned for its exceptional quality of life and commitment to sustainability, inviting nature and cultural lovers alike with its welcoming and mindful travel experience.

Activity Level
Mid level



Check in Process

Check-in times at hotels in Norway typically start from 3:00 PM.

Visa Process

UK, US, New Zealand and Australian passport holders can all visit Norway without a visa for up to 90 days within a 180-day period without a visa. A valid passport is required for entry.

Credit Cards

Yes, credit cards are widely accepted in Norway, especially in cities and tourist areas. Most businesses, including shops, restaurants, and hotels, will accept major credit cards like Visa, MasterCard, and American Express. It's also common to use contactless payment methods, and many places support mobile payment options like Apple Pay and Google Pay. However, it's always a good idea to carry some cash for smaller establishments or rural areas that may not accept cards.

Currency

Norway's currency is the Norwegian Krone (NOK).



Cultural Norms

In Norway, key cultural norms include:

Punctuality: Being on time is important.

Personal space: Norwegians value their space and are generally reserved.

Equality: Gender equality is highly valued.

Quietness: Loud conversations in public are discouraged.

Minimalism: Simple, understated style is preferred.

Tipping: Not mandatory, but appreciated for good service.

Nature appreciation: Outdoor activities are central to life.

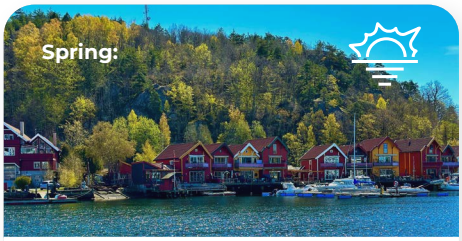
Respecting these norms will enhance your experience in Norway.



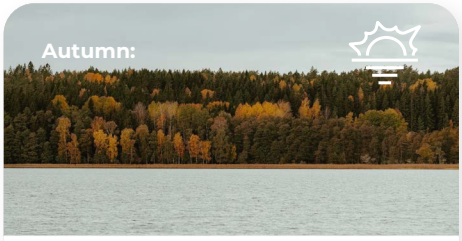
Summer Highs	Summer Lows
25-30°C	10-16°C



Winter Highs	Winter Lows
0-7°C	-30-0°C



Spring Highs	Spring Lows
10-15°C	1-7°C



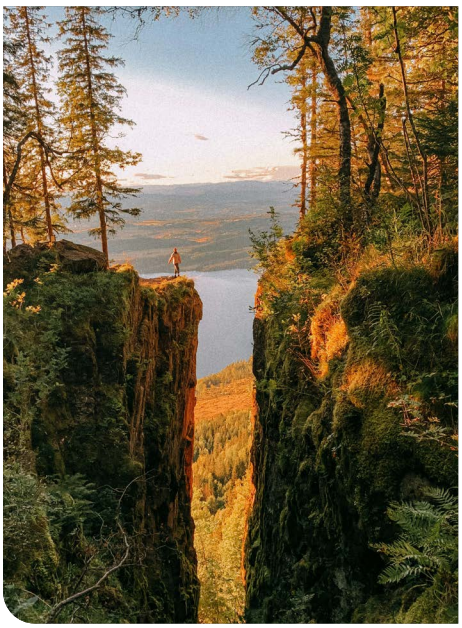
Autumn Highs	Autumn Lows
4-15°C	0-4°C

Language

Norway has two official languages: Norwegian and Sámi. Norwegian is the most commonly spoken language but English is commonly spoken in tourist areas.

Pharmacies

Pharmacy opening times in Norway typically vary, but most pharmacies are open from 9:00 AM to 5:00 PM on weekdays. Some may also open on Saturdays, usually from 9:00 AM to 1:00 PM. Larger pharmacies in cities or tourist areas might have extended hours, and some offer 24-hour service for emergencies. It's a good idea to check specific pharmacies for their exact hours.



Dining

Dining in Norway tends to highlight the country's focus on fish, dairy and hearty ingredients, offering a range of traditional foods. Popular dishes include:

Rømmegrøt: Creamy sour cream porridge

Lutefisk: Dried fish reconstituted in lye

Kjøttkaker: Norwegian meatballs with potatoes and brown sauce

Rakfisk: Fermented fish served with flatbread and sour cream

Brunost: Sweet caramelised goat's cheese

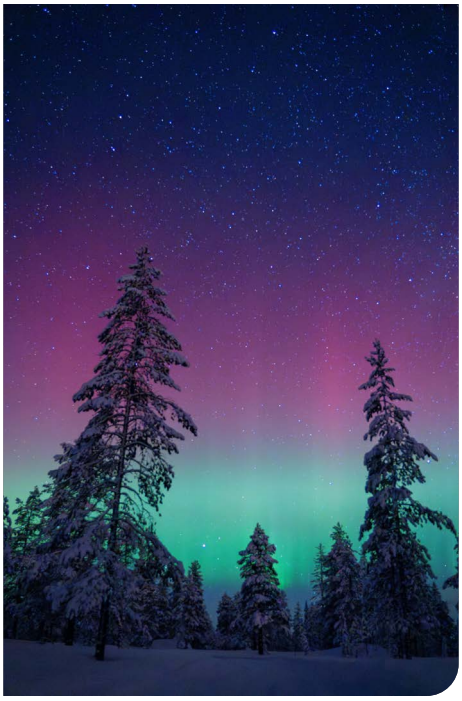
Pølse med lompe: Hot dog in flatbread

Sursild: Pickled herring

Skrei: Seasonal cod, often served with potatoes and butter

Emergency

In the event of an emergency in Norway, you can call 112 for police, 113 for medical emergencies, and 110 for fire emergencies. These numbers are free to call and can be reached from both landlines and mobile phones.



Air conditioning and heating

Hotels in Norway typically have heating systems to keep rooms warm during the cold winter months and provide individual room controls to adjust the temperature to your comfort. As Norway can get quite cold in winter, it's common for hotels to ensure rooms are well-heated and cosy for guests.



Plug Sockets

In Norway, the standard plug sockets are Type C and Type F, similar to those used in most of Europe.

Type C: Two round parallel prongs
Type F: Two round parallel prongs and two grounding clips

The standard voltage is 230V, and the frequency is 50Hz. If you're travelling from a country with different plug types or voltage, you may need an adapter or voltage converter.

Gratuities

In Norway, tipping is not mandatory, as service charges are typically included in the bill. However, it's appreciated for good service. In restaurants, rounding up the bill or leaving a tip of around 5-10% is common if you're happy with the service. For taxis, rounding up the fare is usual. In hotels, it's nice to leave a small tip for housekeeping, but it's not expected. Overall, tipping in Norway is more of a gesture of appreciation rather than a requirement.



What to pack

When travelling to Norway in winter, you will need to pack:

Warm clothing: Insulated jacket, thermal layers, wool sweaters, waterproof outerwear.

Footwear: Waterproof boots, thick socks. Accessories: Hat, gloves, scarf, earmuffs.

Winter gear: Sunglasses, hand warmers. Skin care: Moisturiser, lip balm with SPF.

Other essentials: Small backpack, camera, power bank.

Be prepared for cold, snowy conditions with layers and warm essentials.

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