



## Norwegian Country Guide

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### Passport and Tourist Visa Conditions

Norway forms part of the Schengen Area. Australian passport holders are usually allowed to enter the Schengen Area for Tourism or Business purposes for up to 90 days in any 180 day period without a visa. The countries which make up the Schengen Area are Austria, Belgium, Czech Republic, Denmark, Estonia, Finland, France, Germany, Greece, Hungary, Iceland, Italy, Latvia, Liechtenstein, Lithuania, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Slovakia, Slovenia, Spain, Sweden and Switzerland.

Travellers to the Schengen Area are recommended to ensure their passport is valid for at least six months beyond their intended stay. Travellers are also recommended to be able to provide documentation confirming their ability to financially maintain themselves during their stay, travel insurance covering the period of stay in the Schengen Area as well as tickets and entry documents for their onward destination. For further information and to confirm that you are able to travel to the Schengen Area without a visa, please contact a Norwegian mission on the details below.

### Vaccinations and Health Precautions

The following information is intended as a guide only and in no way should it be used as a substitute for professional medical advice relative to a travellers individual needs and vaccination history. No guarantee is made as to its accuracy or thoroughness. For further information, please contact The Travel Doctor on 1300 658 844.

Vaccination against Hepatitis B should be considered for travellers to Norway if they are frequent travellers or intending on a long stay. Tick-borne encephalitis is present throughout many areas in Europe, predominately in forested regions. Whilst no vaccine is available in Australia, travellers visiting risk areas and planning outdoor activities during summer might consider vaccination once in Europe. Regardless of destination, all travellers should be up-to-date with their routine "background" vaccinations, including for Tetanus and Diphtheria (with a booster within the last 10 years), Whooping Cough, Polio (with a booster in adult life), Measles, Mumps and Rubella (two combination vaccinations through life), Chicken Pox and a recent annual Influenza vaccination.

Australians in Norway are entitled to subsidised essential medical treatment as part of the Reciprocal Health Care Agreement (RHCA) between the two countries. To take advantage of this program, travellers must present their Australian Passport and Medicare card and request to be treated under the RHCA. The RHCA does not replace the need for travel insurance. For information regarding the RHCA, please go to [www.medicareaustralia.gov.au](http://www.medicareaustralia.gov.au). Please consult a medical practitioner for your specific risk to these preventable diseases and appropriate avoidance measures. Australians travelling to Norway should ensure that they have adequate travel insurance to cover the length of their stay. Medications that are legal in Australia may be illegal in other countries. For further information on insurance, taking medication overseas and other issues please visit [www.smarttraveller.gov.au/tips](http://www.smarttraveller.gov.au/tips).

### Norwegian Representation in Australia

Embassy of Norway, Canberra

17 Hunter Street  
YARRALUMLA ACT 2600

Tel: (02) 6270 5700  
Web: [www.norway.org.au](http://www.norway.org.au)

Consulate General of Norway, Sydney

102 Dunning Avenue  
ROSEBERY NSW 2018

Tel: (02) 8338 5216  
Fax: (02) 9669 1181

Norway also maintains other consulates that can be contacted on the following numbers:

Adelaide - (08) 8277 1070  
Brisbane - (07) 3229 0492  
Fremantle - (08) 9435 9099  
Hobart - (03) 6224 8900  
Melbourne - (03) 9853 3122



## Norwegian Country Guide

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### Time Differences between Norway and Australia

Norway is Greenwich Mean Time +1 hour (+2 during daylight saving). The applicable time zone is Central European Time (CET) or Central European Summer Time (CEST). Daylight saving is observed from the last Sunday in March to the last Sunday in October.

Norway, 12 noon, Winter (Dec) = Perth 7pm; Darwin 8:30pm; Brisbane 9pm; Adelaide 9:30pm; Hobart, Melbourne, Sydney 10pm.  
Norway, 12 noon, Summer (Jun) = Perth 6pm; Darwin, Adelaide 7:30pm; Brisbane, Hobart, Melbourne, Sydney 8pm.

### Important Contact Numbers

Country Code for Norway: +47  
To Dial Australia Call: 00 61 <City> <Number>  
Australian Reverse Charges Direct: 800 199 61  
Travelex Card Services:  
Call the US on 00 1 954 838 8294  
Visa Global Assist: 800 11 570  
MasterCard: 800 12 697  
American Express Travellers Cheques:  
800 35 006  
Emergency Services:  
Police - 112  
Police - 911 (only from mobiles)  
Ambulance - 113  
Fire - 110

While the Emergency Services should usually have English speaking staff, to avoid delay it may be best to seek the assistance of a Norwegian speaker to call in the event of an emergency.

Note - Norway does not have national dialling prefixes between cities. All numbers are 8 digits.

### Important Information to be Recorded

Travellers are encouraged to carry photocopies of all important documents separately to their originals, and to leave a set of these photocopies with someone in Australia. This includes those documents listed below.

#### Passports

Name: \_\_\_\_\_ Passport #: \_ \_ \_ \_ \_  
Name: \_\_\_\_\_ Passport #: \_ \_ \_ \_ \_

#### Credit Cards

Name: \_\_\_\_\_ Institution: \_\_\_\_\_  
Card Number: \_ \_ \_ \_ \_  
Name: \_\_\_\_\_ Institution: \_\_\_\_\_  
Card Number: \_ \_ \_ \_ \_

#### Travel Insurance

Name: \_\_\_\_\_ Institution: \_\_\_\_\_  
Policy #: \_\_\_\_\_ Emergency #: \_\_\_\_\_  
Name: \_\_\_\_\_ Institution: \_\_\_\_\_  
Policy #: \_\_\_\_\_ Emergency #: \_\_\_\_\_

### Australian Representation in Norway

Embassy of Australia, Denmark

Dampfaergevej 26  
2nd floor  
2100 COPENHAGEN O

Tel: (+45 70) 26 36 76  
Fax: (+45 70) 26 36 86

Web: [www.denmark.embassy.gov.au](http://www.denmark.embassy.gov.au)

Australia does not maintain a permanent consular presence in Norway. The Australian Embassy in Denmark is accredited to this country. Australians may also obtain assistance by contacting the 24 hour Consular Emergency Centre in Canberra on (+61 2) 6261 3305.

Australians are encouraged to register their presence in Norway with the Department of Foreign Affairs and Trade via the on-line registration service, at [www.orao.dfat.gov.au](http://www.orao.dfat.gov.au).



## Norwegian Country Guide

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### Duty Free Allowances for Norway and Australia

Duty Free limits when entering Norway:

Alcohol: 1L of spirits and 1.5L of wine or 3L of beverages between 2.5% and 22% alc/vol plus an additional 2L of beverages between 2.5% and 4.7% alc/vol.  
Tobacco: 200 leaves of cigarette paper and either 200 cigarettes or 250 g of tobacco  
Total Tax Free Goods: Up to 6000 NOK inclusive of above

Please go to [www.toll.no](http://www.toll.no) for further details on Norwegian Customs and Duty Free regulations. Minors may not claim alcohol or tobacco products. Further restrictions apply to these and other goods, travellers should familiarise themselves with these restrictions before entry.

### Electrical and Telephone Adaptors

Electrical Socket: European

Voltage: 220-240 volts (same as Australia)

Modem Plug Type: Norwegian/Finnish

Source: Korjo Travel Products.  
To purchase electrical adaptors or for further information on this matter, please view the Korjo adapter guide at [www.korjo.com.au](http://www.korjo.com.au).



Duty Free limits when entering Australia:

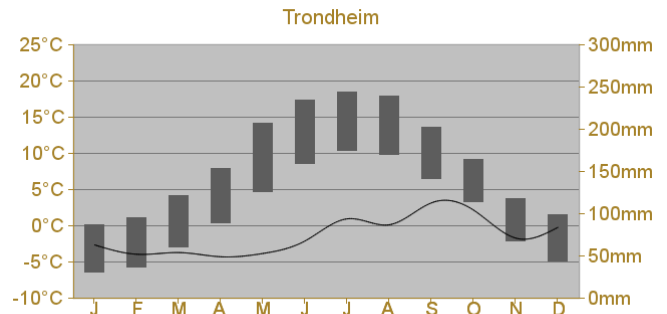
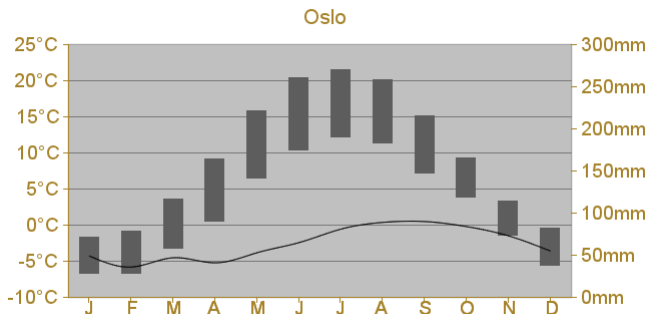
Alcohol: 2.25 L.  
Tobacco: 25 cigarettes plus one open packet of cigarettes.  
Other Goods: Up to a value of \$900 (\$450 if under 18 years).

For further details on Australian duty free allowances and other customs restrictions please go to [www.homeaffairs.gov.au](http://www.homeaffairs.gov.au).

### Norwegian Public Holidays 2018

01 Jan:	New Year's Day	17 May:	Constitution Day
25 Mar:	Palm Sunday	10 May:	Ascension Day
29 Mar:	Maundy Thursday	20 May:	Whit Sunday
30 Mar:	Good Friday	21 May:	Whit Monday
01 Apr:	Easter Sunday	25 Dec:	Christmas Day
02 Apr:	Easter Monday	26 Dec:	Boxing Day
01 May:	May Day		

### Average Temperature (Bar) and Precipitation (Line) in Norway



Source: Norwegian Meteorological Institute. For local forecasts please go to [www.yr.no](http://www.yr.no).

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## Norwegian Country Guide

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#### Interbank Rate

1 Australian Dollar (AUD) = 6.02 Norwegian Kroner  
 10 Norwegian Kroner (NOK) = 1.66 Australian Dollars

#### With 4% Margin

1 Australian Dollar (AUD) will buy 5.79 Norwegian Kroner  
 10 Norwegian Kroner (NOK) will cost 1.73 Australian Dollars

All rates were correct at a point in time on Monday, 05 Nov 2018. The "Interbank Rate" does not take into account any exchange fees, while the "With 4% Margin" adds 4% to the exchange rate to simulate a typical margin that would be paid when exchanging currencies. These rates have been rounded and should not be used when calculating transactions of large value.

The following is a purchasing-power comparison of the Norwegian Kroner and the Australian Dollar, using the Big Mac as a common good. While it does not present a faultless comparison, it is a useful indicator of the purchasing power of each currency.

Big Mac Australia: \$5.95 (AUD) = 35.81 Kroner  
 Big Mac Norway: 49 kr (NOK) = 8.14 Australian Dollars

*A Big Mac in Norway is therefore 37% more expensive than in Australia.*

This comparison is based on 2018 prices using current exchange rates. Prices may not include variations by locality or local taxes.

### Currency Cheat Sheet

This cheat sheet uses the "With 4% Margin" rate of exchange listed above.	
5 kr = \$0.86 AUD	100 kr = \$17.28 AUD
10 kr = \$1.73 AUD	200 kr = \$34.56 AUD
20 kr = \$3.46 AUD	300 kr = \$51.84 AUD
30 kr = \$5.18 AUD	400 kr = \$69.12 AUD
40 kr = \$6.91 AUD	500 kr = \$86.39 AUD
50 kr = \$8.64 AUD	600 kr = \$103.67 AUD
60 kr = \$10.37 AUD	700 kr = \$120.95 AUD
70 kr = \$12.10 AUD	800 kr = \$138.23 AUD
80 kr = \$13.82 AUD	900 kr = \$155.51 AUD
90 kr = \$15.55 AUD	1,000 kr = \$172.79 AUD
	2,000 kr = \$345.58 AUD
	3,000 kr = \$518.37 AUD
	4,000 kr = \$691.16 AUD
	5,000 kr = \$863.95 AUD
	6,000 kr = \$1,036.74 AUD
	7,000 kr = \$1,209.53 AUD
	8,000 kr = \$1,382.32 AUD
	9,000 kr = \$1,555.11 AUD
	10,000 kr = \$1,727.90 AUD

### Notes and Coins of Norway

The legal currency of Norway is the Norwegian krone (plural kroner), which is abbreviated using either its currency code "NOK" or the symbols "kr" or ",-". The subunit of the krone is the øre, of which there are 100 in every krone. The following units of currency are the most common in Norway but other versions and denominations are also in circulation. Pictures are not to scale.





## Norwegian Country Guide

### About Norway

Full Name: Kongeriket Norge  
(Kingdom of Norway).

Independence: 7 June 1905 (from Sweden).

Size: 304,282 km<sup>2</sup> (30% larger than Victoria).

Population: 4.7 million (20% of Australia).

Ethnicity: Norwegian 94.4% (incl. 60,000 Sami), other European 3.4%, other 2.2%.

Language: Bokmal Norwegian and Nynorsk Norwegian are official. Some Sami and Finnish speaking communities as well.

Religion: Church of Norway (Lutheran) 85.7%, other Christian 4.4%, Muslim 1.8%.

#### Significant Dates:

- 800-1050 AD - Viking Age. Erik the Red leads settlers to Greenland.
- 900 AD - Norway united as a Kingdom.
- 995 - King Olav converts to Christianity.
- 1350 - Black Death kills more than half of the population.
- 1397 - Kalmar Union of Denmark, Sweden and Norway.
- 1536 - Norway becomes a province of Denmark.
- 1814-1905 - Union with Sweden.
- 1905 - Norway gains independence.
- 1914 - Norway is neutral in WW1.
- 1940-45 - Neutral Norway is occupied by Germany during WW2.
- 1949 - Norway joins NATO.
- 1960's - Oil and gas discovered.

#### Largest Counties:

Oslo	pop - 515,000
Akershus	pop - 477,000
Hordaland	pop - 438,000
Rogaland	pop - 381,000
Sør-Trøndelag	pop - 266,000

