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Norwegian Country Guide

o f Important Information 1 Page 5 **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

Prior t o Travelling t o Norwav Current DFAT Travel Advice

This advice is current for Mon, 5th November 2018.

Exercise normal safety precautions in Norway. Use common sense and look out for suspicious behaviour, as you would in Australia. There is an ongoing threat of terrorism in Europe. Since 2015, terrorist attacks have occurred in a number of European cities. See Safety and Security

Additional border controls are in place. Always carry your passport when entering and exiting Norway, including for travel within the Schengen area. See Local travel

The above information is an edited excerpt of the Travel Advice Summary from The Department of Foreign Affairs and Trade. Travellers are encouraged to read the travel advice in full, subscribe to updates to this advice and to register their presence in Norway at <u>www.smartraveller.gov.au</u>.

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. 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.smartraveller.gov.au/tips.

Norwegian Representation in Australia

Embassy of Norway, Canberra	Consulate General of Norway, Sydney	Norway also maintains other consulates that can be contacted on the following numbers:			
17 Hunter Street	102 Dunning Avenue				
YARRALUMLA ACT 2600	ROSEBERY NSW 2018	Adelaide - (08) 8277 1070 Brisbane - (07) 3229 0492			
Tel: (02) 6270 5700	Tel: (02) 8338 5216	Fremantle - (08) 9435 9099			
Web: <u>www.norway.org.au</u>	Fax: (02) 9669 1181	Hobart - (03) 6224 8900			
		Melbourne - (03) 9853 3122			

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Page 2 of 5 Important Information while Travelling in Norway 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-Police-911 (only from mobiles)Ambulance-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 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 <u>www.orao.dfat.gov.au</u>.

Web: www.denmark.embassy.gov.au

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Norwegian Country Guide

Page 3 of 5 General Destination Information for Norway 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	ŀ
	between 2.5% and 22% alc/vol plus an additional	٦
	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	F

Total Tax Free Goods: Up to 6000 NOK inclusive of above

Please go to <u>www.toll.no</u> 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 adapters or for further information on this matter, please view the Korjo adapter guide at <u>www.korjo.com.au</u>.



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 <u>www.homeaffairs.gov.au</u>.

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		

300mm

250mm

200mm

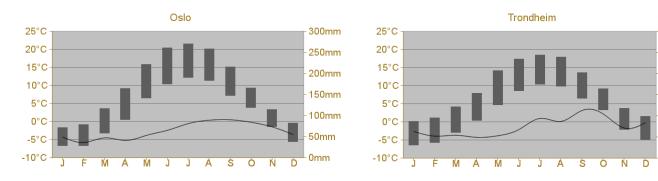
150mm

100mm

50mm

0mm

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



Source: Norwegian Meteorological Institute. For local forecasts please go to www.yr.no.

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Norwegian Country Guide

5 Page 4 o f Norwegian Currency Exchange Rate

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.

Information a n d Cheat Sheet Purchasing Power Parity

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

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



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Norwegian Country Guide

o f 5 About Norway a n d Norwegian Travel Map About Norway INTERNATIONAL **Capital City** × Full Name: Kongeriket Norge BOUNDARY Nordaustlandet State Capital (Kingdom of Norway). ADMINISTRATIVE Major City BOUNDARY Independence: 7 June 1905 (from Sweden). Konasøva 🔎 Akershus is administered from Oslo. Ny-Ålesund Svenskøya Spitsbergen Jan Mayen Island, Bouvet Island, Peter I Island Size: 304,282 km² (30% larger than Pyramider and Queen Maud Land not shown. Barentsøya Prins Karls Forland Longyearbyen Barentsburg Nordkap Population: 4.7 million (20% of Australia). Batsfjord Vardo Edgeøya Hammerfest Ethnicity: Norwegian 94.4% (incl. 60,000 Vadsø Sami), other European 3.4%, other 2.2%. Hopen / Alta Language: Bokmal Norwegian and Nynorsk Tromse Norwegian are official. Some Sami and SVALBARD Finnish speaking communities as well. VESTERALEN Ivalo Tro RUSSL • Harstad Religion: Church of Norway (Lutheran) LOFOTEN Narvik 85.7%, other Christian 4.4%, Muslim 1.8%. Bjornøya 🕥 Kiruna 800-1050 AD - Viking Age. Erik the Red Bodø Malmberget Kemijarvi Norwegia Arctic Circle leads settlers to Greenland. Rovaniemi Nor Sea Jokkmokk - Norway united as a Kingdom. •Mc SWEDEN FINLAND - King Olav converts to Sandnessjoen Kemi 100 miles 0 Mosjoen lojoki R. Christianity. Lulea Oulu - Black Death kills more than 100 km 0 © Navgu Travel Publishing Storuman half of the population. Skelleftea Kajaani Namsos - Kalmar Union of Denmark. Lycksele ord delag Sweden and Norway. Steinkjer Lisalmi Kokkola Umea - Norway becomes a province Trondheime of Denmark. Ornskoldsvik Kuopio Vaasa Ostersund 1814-1905 - Union with Sweden. Molde Trøndela Seinajoki Aanekoski Ålesund Harnosand - Norway gains independence. Jyvaskyla NORWAY Sundsvall Gult Mikkeli - Norway is neutral in WW1. Flord 01 - Neutral Norway is occupied Hudiksvall Bothnia Pori iordan Tampere Oppland by Germany during WW2. Rauma Hameenlinna, Lahti Leikanger llehammer Gudvagen Kouvola - Norway joins NATO. Mora Hama Bergen Gavle - Oil and gas discovered. Turku Helsinki★ Buskerud Borlange ulf of Finland Hordaland *Oslo Uppsala Drammen ALAND ISLANDS pop - 515,000 Haugesund Tel Vasteras Tallinn + Tønsberg Karlstad * Stockholm pop - 477,000 Stavanger Skien sborg Orebro **ESTONIA** Rogaland Sodertalie pop - 438,000 Vestfold Batic Egersund Vest-Agder Arendal Nykoping Norrkoping Parnu pop - 381,000 Motala Sea Uddevalla Kristiansand Linkoping pop - 266,000 Falkoping

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Sør-Trøndelag

Page

Victoria).

Significant Dates:

900 AD

995

1350

1397

1536

1905

1914

1949

Oslo

Akershus

Hordaland

Rogaland

1960's

Largest Counties:

1940-45

5

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