



STUDY ABROAD NORWAY

Mayville State University students have the exciting opportunity to study at the American College of Norway (ACN), a small institution located south of the national capital, Oslo, in the town of Moss. Norway is a modern, exciting place. With cutting edge technology and old world charm, it's the perfect place to experience the past and the future. Moss is a hub of international travel. London, Rome, Paris, Dublin, Prague, and other exciting places are only an hour or two away, and European travel is inexpensive.

Students from all over the world attend ACN, making it a perfect low-stress international experience. All courses are taught in English, primarily by American university professors and they fulfill Mayville State's essential studies requirements. In addition, students who study at ACN may transfer to Mayville State, so there is possibility for Mayville State students to continue their international friendships, even after their semester at ACN has concluded.



How did this study abroad opportunity get started at Mayville State?

Dr. Sarah Anderson, MSU associate professor of education has spearheaded this study abroad opportunity using connections she made prior to arriving at Mayville State in 2012. Anderson was fortunate to meet the founder of the American College of Norway, Steinar Opstad, when she visited Norway with a teacher delegation from Grand Forks Public Schools in 2008. This connection proved to be invaluable to Anderson, and as it turns out, to Mayville State too.

Dr. Anderson returned to Norway in October of 2015 to present at a conference in Stavanger and to arrange for study abroad opportunities. In January of 2016, Krista Lauritzen, ACN director, visited Mayville State and began conversations about developing an affiliate partner agreement



between MSU and the American College of Norway. This agreement allows students to attend a semester of college abroad at an affordable price, making it a possibility for more students. The program offers you a more independent experience and can include a summer session, semester or whole academic year.

Majors, Minors and Essential Studies

The courses at the American College of Norway are always changing as American faculty with a variety of expertise cycle through the college. However, courses are generally offered in the humanities, social sciences and essential studies. We highly encourage you to consider a classes at ACN that best fit your major, minor and essential studies requirement. You will complete the Study Abroad Credit Transfer Review form to decide where available courses fit in your work toward degree completion.

If you would like to schedule an appointment about study abroad please contact the Study Abroad-Norway program advisor at 701-788-4829 to set up a time.

Applying to ACN via Mayville State

To apply for admission to ACN is a two-phase process. First the application is processed through MSU, and then through ACN. Application deadlines are:

- Summer Semester May 1
- Fall Semester May 1
- Spring Semester August 15

To apply to ACN you will need the following:

- Minimum GPA of 2.5
- The [ACN application form](#) (2 pages)
- Unofficial transcript
- A brief, 1 page essay in English: *Why am I interested in this educational opportunity*
- 1 photo for student ID
- Scanned copy of the receipt for payment from the Business Office of the \$50 study abroad application fee

Save all required documents with a common file extension format:

First Name Last Name-Name of Item (e.g., John Doe-ACN Application Form)

Send all documents via email to Dr. Sarah Anderson sarah.anderson2@mayvillestate.edu with a brief message.

To Whom it May Concern,

This complete application for admission to the American College of Norway contains the following required items:

- ACN application form
- Unofficial transcript
- A brief essay in English
- 1 photo
- application receipt

I am excited for this educational opportunity, and will be looking forward to the admission decision.

Hilsen,

Admission

The Study Abroad Program Coordinator will process your application and contact you to schedule a meeting to complete the ACN online application process. This will include ordering an official copy of school transcripts (to order a MSU transcript [click the link here](#)).

- Requires a credit payment of approximately \$7.50
- Select to send the transcript via pdf to info@americancollege.no Attention: Admissions
- The address is American College of Norway Verket 22 1534 Moss Norway
- Telephone: +47 69 24 20 40

Applications are reviewed at MSU all year. Applications are reviewed at ACN as space is available by the ACN Admission Committee. You will be notified via email by ACN with an acceptance letter, usually within 1 month of submission. Please forward the award information on to the MSU Study Abroad Program Coordinator when received.

Example of Acceptance Notification

Hi MSU Student,

It is my pleasure to be able to welcome you to ACN! Your application has been reviewed and accepted by our admissions committee! Your letter of admission is attached.

The following documents are also attached for you to review:

- Semester course options (descriptions can be found on our website)
- Academic Calendar 2016/2017
- Who's Who at ACN
- 2015 ACN Student Handbook

I hope that you find this information helpful as you plan for your time in Norway. You will be receiving more information and details as we move forward but please let me know if you have any questions!

Welcome to ACN! *Velkommen til oss!*

Passport

A passport is required for all travel outside of the USA. You apply for a passport from the [US Department of State](#) using the [approved form](#). The cost is approximately \$125 and generally must be paid with a check or money order. You must submit the application in person at a Passport Acceptance Facility. The facilities closest to MSU include:

- Traill County Clerk of Court 114 W. Caledonia Ave. Hillsboro, ND 58045 (701) 636-4454
- Grand Forks County Tax Equalization Dept. 151 S. 4th St. Grand Forks, ND 58201 (701) 780-8251
- Grand Forks Post Office 2501 28th Ave. S. Grand Forks, ND 58201 (701) 335-2001
- You can search for other locations via the [US Dept. of State website](#)

It takes approximately 6 weeks for a passport application to be processed. Generally, your passport must be valid for at least 6 months beyond your intended date of departure.

Norway is one of 26 countries in the Schengen Area. The [Schengen Borders Agreement](#) permits people to travel freely within the Schengen if the traveler otherwise qualifies to enter the Schengen, by crossing an official external border during regular hours of operation and obtaining an entry stamp in the passport. This means your passport will be stamped in the first country you enter, and not again until you exit the Schengen Area.

Visa

Students requiring a visa to Norway are encouraged to apply as early as possible before the start of the semester to allow time for their visa application to process. Students attending ACN for a full semester are required to apply for a visa. A visa is not required to stay in Norway for the summer semester or any period of time up to 90 days. The website for the Norwegian Directorate of Immigration (UDI) is www.udi.no.

If you come from a country outside the EU/EEA and wish to study in Norway, you must apply for a residence permit for studies. This is also called a study permit. You can apply for a residence permit to study at a university college or university, attend bible school or folk high school. The visa application is completed through The Norwegian Directorate of Immigration and costs approximately 5300 NOK (640 USD). <https://www.udi.no/en/want-to-apply/studies/>

There is also a need to prove financial support for the application. MSU will provide you a letter that confirms your commitment to the financial obligation, and then you will need to prove bank funds through notarized copies of scholarship letters, Financial Aid awards, and/or parent bank statements of an account on which you are listed. Talk with your parents/guardians about these. Most banks do provide a notary service.

These documents will be presented along with your full visa application in person at the local police station located in Sarpsborg, Norway (just a few miles south of ACN in Moss) within a few weeks of arrival in Norway. The MSU Program Coordinator will assist you in scheduling the appointment during your pre-departure meetings.

When you turn up to your appointment with the police you must present the original documents. If any of your documents are in a different language than Norwegian or English, you must hand in a translation of the documents into Norwegian or English. It is your responsibility to make sure that you have handed in all documents on the list which are required for your visa application. If all relevant documents are not handed in, this may lead to longer processing time or your application being rejected. Please note: Some embassies may request additional documents based on local conditions if you are applying from abroad.

Documentation you must hand in when applying for the first time

- passport and copy of all used pages in passport
- signed cover letter from the Application portal (or application form) [View explanation ▶](#)
- two new/recent passport size photos with white background
- documentation that you have paid the application fee [View explanation ▶](#)
- a letter of full-time admission from an approved educational institution, stating your name, which studies you have admission to, at what level the studies are and how long the program lasts
- documentation that you have sufficient funds [View explanation ▶](#)
- documentation which shows that you have somewhere to live in Norway [View explanation ▶](#)
- UDI's checklist, filled out and signed (this list)

Additional documents for some applications

If you submit your application in a country other than your home country

- documentation that you have held a residence permit for the last six months in this country

If you want a representative to be able to talk with the UDI on your behalf

- power of attorney form [View explanation ▶](#)

Documents which you must hand in when you apply to renew your residence permit

- passport and copy of all used pages in passport
- signed cover letter from the Application portal (or application form) [View explanation ▶](#)
- documentation that you have sufficient funds [View explanation ▶](#)
- statement on your study progress, and, if relevant, how many hours per week the institution feels that you can work without your studies suffering [View explanation ▶](#)
- UDI's checklist, filled out and signed (this list)

Source: www.udi.no

Financial Information

The estimated costs for attending the American College of Norway are included below.

	Semester	Summer	
MSU Study Abroad Fee	\$50.00	\$50	Financial Aid Eligible
Tuition & Fees*	\$5000.00	\$2500	Financial Aid Eligible
Study Abroad Insurance	\$250.00	\$50	
Housing*	\$4000.00	\$1000	Financial Aid Eligible
Meals*	\$2000.00	\$500	Financial Aid Eligible
Passport	\$150.00	\$150	
Visa	\$640.00	\$0	
Books/Supplies*	\$1000.00	\$200	Financial Aid Eligible
Medical/vaccines	Variable		
Airfare*	\$1200.00	\$1200	Financial Aid Eligible

In-country transportation	Variable		
Personal expenses	Variable		
	\$14,290	\$5,500	

*approximate with current values and exchange rates

MSU will work with you to select the right combination of aid available according to your needs. Funding options can include:

- MSU Financial Aid process through FAFSA
- Scholarships
- Larson Leadership Mini-grant (see Dr. Sarah Anderson)
- Support from family and friends
- Work savings

Once you have received acceptance to attend A.C.N., you will need to ensure your financial aid package is in place and complete the following items:

- Schedule a departure meeting with the MSU Director of Financial Aid, Shirley Hanson.
- Submit a [Budget Appeal Form](#) to Shirley Hanson to request a reconsideration of your total amount of need based upon attendance at A.C.N. The form can be found on the Office of Financial Aid website along with general information about FAFSA and other scholarships.
 - Please note: to keep ND academic and CTE renewable scholarships, you may be required to enroll in a minimum of 15 credits at A.C.N.
- Complete the Study Abroad Budget Approval Form (see Appendix) with Shirley-make sure to cc the completed form as indicated.
- Ensure that your Financial Obligation Agreement is signed prior to attending A.C.N.

SHIRLEY M. HANSON, B.S.



Financial Aid
Director

Office Location: Old Main 106A
 Email: shirley.m.hanson@mayvillestate.edu
 Phone: 701-788-4767
 Fax: 701-788-4613

Americans may use federal student financial aid (FAFSA) to pay for their tuition and living expenses. As part of the application process, students must receive the approval of their home institution to participate in the study abroad program.

If financial aid will cover the entire cost of the semester at A.C.N., you do not need to meet with the Business Office prior to departure. If financial aid does not cover the entire costs, you will need



to schedule a meeting with an Accounts Receivable Technician in the Business office to set up a payment plan. Mayville State will collect all funds and submit your payment to A.C.N. for all fees and related charges. If required, a payment plan needs to be in place prior to departure to ensure all charges are covered. Students will receive a normal monthly statement until the account is paid in full. Once the account is paid in full, a monthly statement will no longer be generated.

An account summary for a student studying at A.C.N. will look similar to the example provided.

Charges	Acct Type	Amount
Study Abroad	TUT	5,000
International Health Insurance	MIS	225
Study Abroad-Room	HOU	4,000
Housing Application	HOU	25
Charge Subtotal		9,216.25
Financial Aid Disbursed		
Loan		-14,000
MSU Scholarship		-500
Financial Aid Disbursed Subtotal		14,500

Registration

In the MSU registration system, Connect ND, you will register for UNIV 300: Global Seminar. If you are attending ACN part time, you will register for 6 semester hours; if you are attending full time you will register for 12 semester hours. The UNIV course holds a student's spot at MSU while they are abroad. This means that:

1. They will be able to keep their active MSU student status.
2. They will be eligible for financial aid.
3. They will be allowed to get credit for studying abroad.
4. They will be able to use their MSU email.
5. They will be able to access Moodle and Connect ND.
6. A study abroad designation will be included on their MSU transcripts.
7. The MSU Business Office is aware that they will be studying abroad.

You will not register for the specific courses at ACN until after the first week of classes. This provides you with the opportunity to try out the classes in which you intend to enroll, and then you will register for classes directly at ACN at the completion of the first week.

Transcription of Credits

To increase the likelihood of a smooth transfer of credits, you will complete the Study Abroad Credit Transfer Review prior to your departure.



Study Abroad Credit Transfer Review

Student: _____ ID#: _____ Term: Fall Spring Summer

The student intends to enroll in the following courses during the proposed study abroad experience:

ACN				MSU				Approved for Transfer
Dept.	Title of Course	Course Number	Credits	Dept.	Title of Course	Course Number	Credits	
								<input type="checkbox"/>
								<input type="checkbox"/>
								<input type="checkbox"/>
								<input type="checkbox"/>
								<input type="checkbox"/>
								<input type="checkbox"/>

The students will be registered for a minimum of 12 (# of credits) per term. The A.C.N. Program Coordinator will confirm course enrollment after 3 weeks of the semester are completed. The courses listed above are approved by the appropriate department(s):

Office of Academic Records

Date

A.C.N. Program Coordinator

Date

Mayville State Academic Advisor

Date

All credits earned at ACN transcribed by the University of North Dakota (UND) as UND is listed as the university of record. This can cause some confusion since students from Mayville State are already a part of the same university system (NDUS) as UND. The credits are recorded on your transcript as being held at the American College even if you see UND show up in Connect ND or when you order an official transcript; do not be worried if this happens, and make sure to communicate with the Program Coordinator and your Academic Advisor if you do have questions.

2016 Fall

Program: Early Childhood Education
 Plan: BSED Early Childhood Education
 Plan: Minor Special Needs

Course	Description	Attempted	Earned	Grade	Points
COMM 299	Special Topics Course Topic: Public Speaking	3.000	3.000	A	12.000
ENGL 299	Special Topics Course Topic: Intro to Literature & Culture	3.000	3.000	A	12.000
HIST 399	Special Topics Course Topic: Ancient Greece	3.000	3.000	A	12.000
UNIV 399	Special Topics Course Topic: Geo-Politics of the North American College of Norway Study Abroad	3.000	3.000	A	12.000

Special Considerations

Because UND serves as the University of Record, you may also notice service indicators on your account through UND. Again, be aware, that these serve the ACN process while being administered by UND. Some common indicators include the FOA, ADM and RCN. Please communicate with the ACN staff and the Study Abroad Program Coordinator if questions emerge about the account service indicator processes.

Hold Item	Amount	Institution	Start Term	End Term	Start Date	End Date	Department
Financial Obligation Agreement		USD	University of North Dakota	2017 Spring	2017 Spring	10/21/2016	Student Account Services
Registrar ACN Transcript		USD	University of North Dakota	2016 Fall		09/14/2016	Registrar

★ Positive ⊘ Negative

Service Indicators		Personalize View All		First 1-4 of 4 Last		
Type	Details	Start Term	End Term	Start Date	End Date	Department
★	FERPA Release All	2015 Fall		08/24/2015		Business Office
⊘	Admission File Hold	Begin Term - Srvc Indicatr Use		04/01/2017		Admissions and Financial Aid
⊘	Registrar ACN Transcript	2016 Fall		09/14/2016		Registrar
⊘	Financial Obligation Agreement	2017 Spring	2017 Spring	10/21/2016		Student Account Services

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ADM – Admissions File hold – This prevents the student from enrolling in more than 30 credits at UND as an ACN student; Connect ND may not recognize that you are from MSU and may think you are a Norwegian foreign exchange student.

FOA – Financial Obligation – Placed for all students prior to registration

RCN - Registrar hold to process the ACN Transcript – This is used to by the Registrar’s Office to indicate that the student has an ACN transcript if an official transcript is ordered by the student

INFORMATION SOURCES ABOUT NORWAY

We recommend that you find out as much as possible about Norway and its people before your arrival. You will feel more comfortable from the beginning of your stay, and your Norwegian hosts will appreciate your efforts to learn about them, as well as your ability to ask informed questions. Information is available on the web and specifically at

- The official Norwegian site in the U.S.: www.norway.org
- A map of the Norwegian Embassy in Washington, D.C. and other Norwegian Consulates in the U.S.: www.norway.org/Embassy
- Gateway to the public sector in Norway: www.norway.no
- Norwegian Information Office, New York: www.visitnorway.com
- Norwegian yellow and white pages on the Internet, in English: <http://www.gulesider.no/?spraak=en>

Sons of Norway

This organization can supply you with a variety of information about Norway. Sons of Norway, 1455 W. Lake Street, Minneapolis, MN 55408. Website: www.sofn.com

A Short Introduction to Norway

(The following information is from: <http://www.uio.no/english/for-employees/employment/international-researchers/pre-arrival/introduction-norway/>)

GEOGRAPHY

Norway is a very long and narrow country situated at the northern tip of Europe. It extends 1 770 km/1 100 miles from south to north, a distance equal to that from Oslo to Rome or from New York to Miami, crossing the Polar Circle at about 2/3 of the length. Its ragged coastline measures 19 950 km/12 400 miles and once upon a time inspired the Vikings to name the country Norway, i.e. the way to the North.

THE GOVERNMENT AND ROYAL FAMILY

Norway is a constitutional monarchy. In practice, however, the legislative body of the 169-member Stortinget (Parliament) rules the Kingdom of Norway. The country has a multi-party system with a general election held every fourth year. Norway is one of few West-European countries which has opted not to join the European Union. King Harald and the rest of the royal family are very popular among the Norwegian people. The Royal Family celebrated the wedding of Crown Prince Haakon Magnus to Mette-Marit Tjessem Høiby in August 2001. The Royal Couple has two children, Princess Ingrid Alexandra (born January 21, 2004) and Prince Sverre Magnus (born December 3, 2005).

For many foreigners, Norway is known as the Land of the Midnight Sun. It is also renowned for its beautiful countryside, Fridtjof Nansen's polar expeditions and humanitarian work, Edvard Munch's paintings, Edvard Grieg's musical compositions, Henrik Ibsen's dramas, the adventurous voyages of Thor Heyerdahl, and its shipping industry. During the last decades, however, Norway has made itself visible to the rest of the world through its innovative ideas and technologies, its booming oil industry and active participation in areas like environmental

protection and energy management. Over the past century, Norwegians have proved adept at making the most of their rich natural resources. Norway is a leading producer of aluminum, magnesium, ferro-alloys and chemicals. It is one of the major suppliers of crude oil and natural gas to Western Europe. A combination of hydropower and extensive forests has created a thriving pulp, paper, and lumber industry. Norwegian skills and know-how in energy development are in great demand all over the world. Norway's merchant fleet ranks among the world's largest and the seas around the coastline yield a harvest of fish that formed Norway's earliest export industry. The exceptionally harsh weather conditions in the North Sea have placed Norwegian oil companies in the vanguard when it comes to new technology for deep water exploration and exploitation. The rich oil resources have also made Norway a wealthy country. The standard of living is high and the average GNP per capita is one of the highest in the world.

WELFARE AND SOCIAL SYSTEM

The Norwegian welfare system is founded on equality, and the country's legislation is designed to support a society based on equal rights. Norway has a huge middle class with very few extremely rich people. This is mainly due to a high income tax and a well-developed social security system. The Storting (Norwegian Parliament) has established safeguards to ensure the rights of individual citizens and equal rights for men and women, as well as for the protection of children's rights and consumer interests. Each group has an ombudsmann, a Norwegian word that has been adopted internationally as the term for commissioners protecting individual rights. Equal status for women has become accepted to the point where it would be unthinkable today to appoint a Norwegian government without ensuring virtually equal representation of both sexes.

LANGUAGE

The main language of Norway, Norwegian, belongs to the North Germanic branch of the Germanic language group. It is quite similar to German in vocabulary and pronunciation and is therefore easier to learn for Germans or people with a good knowledge of the German language. Until about 1850 there was only one written language which was strongly influenced by Danish during the 434-year union of the two nations. Nynorsk or new Norwegian was then created out of a mixture of the rural dialects and the Old Norse language. After a long feud, mostly of urban-rural makeup, the two different forms received equal status and are referred to under the terms of bokmål or book Norwegian and nynorsk or new Norwegian. As a result, you will find all official forms and documents written in both languages, but Norwegians easily understand both variants. The Norwegian alphabet has three extra letters, æ, ø, and å. Modern Norwegian has many dialects but all of them, as well as Swedish and Danish, are understood throughout the Scandinavian countries. The Sami language, which is the mother tongue of more than 35,000 Samis residing mainly in northern Norway, is also an official language in Norway. Anyone who has a good knowledge of English will, however, easily manage both as a student and as a resident of Norway since most Norwegians are proficient in English.

CLIMATE

Even though Oslo is situated on a latitude of 60° North, you should not leave your swim suit at home. Although this is as far north as Anchorage in Alaska, Norway owes its warmer climate to the Gulf Stream, which carries 4,000,000 to 5,000,000 tons of tropical water per second into the surrounding seas. The Gulf Stream keeps the fjords from freezing entirely, even in the arctic

Finnmark region. Even more important are the southerly air currents brought in together with these warm waters, especially during the winter. The annual average temperature during the winter on the West Coast is 7° or 30°C (54° F) above the average temperature for the 60° latitude. Oslo and the rest of southern Norway enjoy an active beach and water sport season in the summer months. In comparison to western Norway, which has relatively warm winters, cool summers and frequent rain, eastern Norway, where Oslo is situated, is sheltered by the mountains in the center of the country and has an inland climate with warm summers, colder winters, and less than 30 inches average annual rainfall. *Ski* is actually a Norwegian word. Norway is the home of skiing and a leading nation in winter sports. The snow usually falls right in time for a white Christmas, and skiing conditions are excellent from January through March.

PEACEFUL NATURE – PULSATING CITIES

With an average population density of 13.9 Norwegians per square kilometer, Norwegians have plenty of space to move around in. Nevertheless, since 20% of the country's inhabitants live in cities, there is also a chance that you will get stuck in a traffic jam or find yourself accompanied by 30,000 screaming music enthusiasts at a concert at Oslo's Valle Hovin. Oslo has a population of more than 500,000 and has all the amenities of a major European city. Norway is a country of contrasts. Soaring mountains, breathtaking fjords, ice-blue glaciers, deep green forests, fertile valleys and rich (or meager!) pastures. The glowing red midnight sun is a sight never to be forgotten. The northern lights fire the imagination of everyone that catches a glimpse of them. The nature of Norway is extraordinary and so is its impact on Norwegians. Norwegians have always lived close to, and in harmony with, the nature surrounding them. Many Norwegian families have a cottage, some even have two - one in the mountains and the other by the ocean. Norway promotes the preservation and protection of nature through strong environmental legislation. Moreover, realizing that pollution and degradation of the environment are global concerns, Norway has been actively involved in pursuing international cooperation to try to meet this challenge.

THE NORWEGIAN PEOPLE

Some foreigners might find the average Norwegian reserved and a bit unfriendly at first. It is not a Norwegian habit to speak to strangers at the bus stop or at the table next to them in a restaurant. If you start a conversation you might notice that they might seem a little reluctant at first. One explanation is that Norwegians really do want to talk to strangers, but that very few actually dare to do so and are therefore actually very happy when someone else takes the initiative. As an international student in Norway, you are encouraged to introduce your country's customs, traditions, and behavior patterns to the Norwegian people.

SHIPPING OF PERSONAL ITEMS

Airlines have different luggage allowances – please check directly with your airline to avoid paying for overweight baggage. Use economy mail through the U.S. Post Office (www.usps.com) to ship additional personal items. It is an efficient and inexpensive method, and it takes 6 to 8 weeks. “**M-bags**” can be used for shipping printed matter to a single foreign addressee and are subject to specific conditions of mailing, see www.usps.com/international/mbags.htm.

Please keep in mind that the Norwegian postal service does not deliver packages. They have to be collected (AND carried) in person from your local post office. Please plan to arrive in Norway before the package. International shipping and moving companies are also an option if you plan to ship large quantities of household items. Look under “Freight Forwarding” in the yellow pages.

HOUSEHOLD ARTICLES

Most furnished accommodations in Norway are equipped with basic household articles. Since the metric system is used in Norway, you may wish to bring items such as measuring cups and spoons, your favorite cookbook, and a tape measure and a ruler. For bedding, Norwegians invariably use *dyner* (down comforters; a bed-size quilt filled with down or synthetic fiber) instead of blankets and top sheets. One *dyne* for each bed/person, together with the usual undersheet and two pillows, is usually to be found in furnished apartments. If bed sheets are not provided in the apartment you will be occupying, you are advised to bring your own. U.S. fitted sheets do not fit Norwegian beds, so bring flat sheets. You may have to purchase the comforter cover (*dynetrekk*) in Norway as they are difficult to find in the U.S.

CLOTHING

Layering is the key word in choosing clothing for a stay in Norway. When you arrive in August, the temperature can vary between 50 and 80 degrees! Generally speaking, the climate in Norway is comparable to that of New England or Minnesota in the spring, winter and fall. The weather can be raw in the winter months due to the moist air and relatively little sunlight. You will need to bring warmly lined boots, hats, scarves, gloves and sweaters. Cotton, wool and modern synthetic fibers designed for warmth are recommended. Bring a variety of sweaters, jackets and coats for layering. Streets and sidewalks can get extremely icy and slippery during winters, so footwear with good traction is recommended. Raingear is essential!

Norway has become a nation of fashion conscious consumers, and Norwegians tend to follow European trends in clothing. As a general rule, Norwegians are more casually dressed during the day (including the workplace) than what is perhaps common in the U.S. On the other hand, Norwegians enjoy dressing up for special occasions. Due to the ever changing weather conditions, they are also fond of practical and warm outdoor clothing. Men should bring a sport coat, slacks, casual pants and shirts. Women should bring casual pants and blouses, a couple of nice outfits, low-heeled practical shoes and warm tights for the cold winter months. For parties, women and girls tend to wear skirts or dresses. Norwegian teenagers mainly wear sports clothes. Girls wear slacks to school. Jeans are commonly used by both girls and boys. Ski equipment can also be rented, and used ski equipment and ski clothes are available at sports stores and local flea markets. Some universities have ski equipment that can be rented by their international students.

ELECTRICAL EQUIPMENT AND CONVERTERS

The electrical current used in Norway is 220 volts/50 cycles. You will need to bring converters for any electrical equipment you bring from home. Often, it is more convenient to buy a few of the most important electrical items, such as iron, hair dryer and electric shaver, in Norway. Electrical equipment with heating elements, such as electric frying pans and toasters, are not suitable for use in Norway, even with a converter.

COMPUTER EQUIPMENT

Students should bring a laptop. We do not recommend that you purchase new computer equipment in Norway as the prices are higher than in the U.S. Your entire computer system must be compatible with the European 220/50 electrical current in order to operate properly. The best solution is to obtain a good laptop in the U.S., which automatically adjusts to different power supplies. Converters and surge protectors are difficult to find and expensive to buy in Norway, so we strongly recommend that you bring whatever you need from the US.

www.walkabouttravelgear.com is an internet based company that sells all kinds of gadgets for travelers.

DVDS

You may want to bring some DVDs for presentation purposes.

The DVD world is divided into six major geographical regions, with two additional regions reserved for specialized use. On the back of each DVD package, you will find a region number (1 through 6). For example, the U.S. is in region one. Europe is part of region two. DVDs from region two will not automatically play on DVD players in region one, and vice versa.

The “zone-free” DVD player has become popular in Norway, so you will probably be able to play your zone one DVDs on most Norwegian DVD players. However, unless you have a “zone-free” DVD player at home, you may have problems playing DVDs purchased abroad. Also, online streaming sites such as Netflix and Hulu also may not work in Europe.

PHARMACEUTICAL SUPPLIES & COSMETICS

If you carry medication containing a controlled substance, carry a doctor's certificate attesting to that fact. Be sure to bring prescriptions showing generic names of medicines as well as brand names. Stock up on your favorite brands of patent medicines, both prescription and over-the-counter drugs. Many cold remedies, nose and eye medications and pain relievers (i.e., Excedrin, Ibuprofen, Tylenol) are not available without a prescription in Norway. Thermometers used here are calibrated in Celsius.

*If you know that you will need to import medicines during your grant period, please contact the Norwegian Medicines Agency (NOMA), **before** departing the US:*

Norwegian Medicines Agency (Statens Legemiddelverk)

Sven Oftedalsvei 6, 0950 OSLO, NORWAY

Telephone: (+47) 22 89 77 00

Telefax: (+47) 22 89 77 99

Internet: www.noma.no

E-mail: post@noma.no

We do not recommend that you send any kind of drugs through the mail. Although you may ultimately be allowed to claim your package, it will take a lot of time and money on your part to get the package through customs. Toilet articles and cosmetics of all the major brands are available in Norway, but they are more expensive than in the U.S. While it is not practical to bring a complete supply of all your favorite items from home, do bring those that are most important to you, such as special face and body lotions, cleansers, make-up and colognes. You



can easily buy basic, everyday toiletries, such as shampoo, conditioner and toothpaste, in Norwegian grocery stores.

CAMERAS

Don't forget your camera. Memory cards, color film and processing are readily available, although somewhat more expensive than in the U.S.

ART/CRAFT/HOBBY SUPPLIES

Arts and crafts supplies are readily available in Norway, but they can be quite expensive. Bring some of your own supplies with you if you plan to pursue your hobby during your stay.

RADIOS & TELEVISIONS

Radios and televisions should be rented or purchased in Norway since American radios receive only a small portion of the wave-lengths used here. Everyone who owns or rents a TV or a VCR with tuner is required to pay a fee to NRK, the national public broadcasting company. The fee goes towards programming on channels NRK1 and NRK2, which are not commercially funded. Currently, the TV license is NOK 2.477,52, which is paid in two installments each year. If you buy a new TV or VCR, or rent a TV or VCR, your name and address will be registered with NRK and you will receive a bill (giro) for the NRK fee. Even if you sell your TV/VCR or move out of the country, you are required to pay the fee for the entire six months (e.g. if you move out on June 1, you have to pay the installment for the period March 1-August 31). Remember to notify NRK that you will be leaving before the due date for the period in which you are leaving. E.g. if you know that you are leaving on June 1, you should notify NRK before March 1. Otherwise you may be required to pay for an additional six months.

GETTING SETTLED IN NORWAY

ARRIVAL IN NORWAY

Oslo: The international airport, Gardermoen (OSL) is located an hour north of Oslo. There is a highspeed train direct to downtown Oslo. Convenient buses will also take you to downtown Oslo and to a number of outlying districts. There is also a train station located at the airport with connections to the entire train net in Norway. Be sure that you have enough funds to be able to exchange money in the airport or to take out cash from an airport ATM before boarding a bus or train. Other ports of entry also feature reasonable bus service to the center of town. Information about the airport, ground transportation, etc. can be found here: <http://www.osl.no/en/osl>.

Other Airports:

<http://www.osl.no/en/osl/airports>

TELEPHONES / COMMUNICATION

Cellular Phones

Cellular telephones (*mobiltelefon* or simply *mobil*) are ubiquitous in Norway. Many students choose a mobil as their only telephone service, and for students living in university housing, this is probably the best option. Text messages (SMS) are a convenient and cheap way to keep in touch with friends in Norway. There are always a variety of cellular phones "on offer" - even in

supermarkets, 7-Elevens, and gas stations. Most cellular phones are sold with a payment plan (*abonnement*), which often requires the customer to sign up for a one or two year plan. A better option for students may be to buy a cellular phone with a so-called cash card (*kontantkort*). This is a pay-as-you go solution, each cash card is worth a certain amount of calling time, and it is easy to purchase more time. You never receive any bills, and you don't have to sign up for a specific time. Although the cash cards are more costly per minute, price comparisons have shown that for the average user, the total cost ends up being similar to other payment plans, as there are no monthly fees.

IP Telephones

In recent years, students have started making phone calls over the internet as a way to keep in touch with family and friends. If you already have internet access, all you need is a microphone or IP telephone, available from electronics stores such as Radio Shack. Skype is among the most popular options. If both you and the one you talk to have Skype on your computers, talking is free. There are also options for calling regular phones (SkypeOut), or letting someone with a regular phone call you for a local charge (SkypeIn). Read more at: www.skype.com.

Public Telephones

It can be hard to locate public telephones in Norway these days, as almost every Norwegian owns one or more cell phones.

E-mail

Most students will have access to email through their host institution. Be sure to bring your "email address book" if you plan to use an account at your host institution. Another option would be to use free online email such as gmail or hotmail.

PUBLIC TRANSPORTATION

Public transportation is excellent, and most students find the public transportation system adequate for their needs.

- You can buy a monthly passes, or punch cards (*klippekort*) for the streetcar (*trikk*), subway/tram (*Tbane*) and bus (*buss*), which will save you money if you use public transportation on a regular basis. Within the Oslo city limits the price is the same, whatever distance you travel. Outside Oslo the cost is calculated according to the distance traveled. Passes and punch cards may be purchased at kiosks, on busses and at train stations. If you purchase an individual fare, the ticket can be used again within the next hour as a transfer.
- Taxis (*drosje*) are commonly used and available at one of the many taxi stands throughout the city or by calling the central taxi number (Oslo: 02323 and 08000; Trondheim: 07373 and 08000; Bergen: 07000 and 08000; Tromsø: 77 60 30 00). Tips of 10% are customary, and receipts can be requested.

EMERGENCY PHONE NUMBERS

The following emergency phone numbers are used throughout the entire country of Norway:

- Fire (*Brann*) 110
- Police (*Politi*) 112
- Medical Emergencies (*Ambulanse*) 113

HEALTH CARE

The health care system in Norway includes both public and private medical services and facilities.

Norwegian National Insurance Scheme (*Folketrydgen*)

This is the public health service financed by the Norwegian government and administered by each county (*kommune*). Most communities have a public medical clinic (*helsesenter*) where residents of the area may make an appointment to see a doctor. In this system, you always see a general practitioner first, who may refer you to a specialist, if necessary.

Special clinics for well-baby care (*helsestasjon*) are a unique part of this system. At these clinics, children under school age are weighed and measured on a regular basis and given the necessary immunizations. Nurses specializing in well-baby care and child development are available to answer questions and discuss concerns about your child.

Doctors in Private Practice

Many Norwegian doctors have their own private practices. They are listed in the yellow pages (www.gulesider.no). Search for *leger*, then click on “*Leger, Almenn praksis*” (Doctors – General Medicine). You may call any of these doctors in your area and make an appointment.

Walk-In Emergency Medical Service (Legevakt)

First aid stations (*legevakt*) are located in most communities to serve those who have a non-life threatening illness or injury and who must be seen by medical personnel immediately. The following public emergency medical service is available in Oslo 24 hours a day, 7 days a week:

Municipal Legevakt,
Storgt. 40, 0182 Oslo, tel: 22 93 22 93.
<http://www.legevakten.no/>

Private Medical Clinics

Several private medical clinics have been established in Oslo. Emergency walk-in services are available as well as scheduled appointments for both specialists and general practitioners.

- Aleris, Fredrik Stangsgt. 11/13, 0264 Oslo, tel: 03113, www.aleris.no
 - Oslo Akutten, Nedre Vollgt. 8, 0158 Oslo, tel: 22008160, www.osloakutten.no
 - Volvat Medisinske Senter, Borgenvn. 2A, 0303 Oslo, tel: 22 95 75 00, www.volvat.no
- Volvat also has a clinic in Bergen: <http://www.volvat.no/Bergen/>

Dentists

Fluoride is not added to the water in Norway. We recommend that children take fluoride tablets or liquid. Fluoride is available at grocery stores or pharmacies. Most Norwegian dentists have their own private practices and can be found in the yellow pages under “*Tannleger*” (Dentists). Emergency dental services in Oslo:

- *Tannlegevakten*, (County) open outside normal office hours, address: Schwegaardsgate 6, on the third floor of *Galleriet*. Tel: 22 67 30 00, www.tannhelsetjenesten.oslo.kommune.no/tannlegevakten/
- *Oslo Private Tannlegevakt-Tannakutten*, Hansteensgt. 3 (next to the U.S. Embassy) tel. 815 00

- 345.

Pharmacies (Apotek)

One pharmacy (*apotek*) is always open in each district. A schedule of opening hours can be obtained at any pharmacy.

In Oslo:

- *Vitusapotek Jernbanetorget*, Jernbanetorget 4 B (across from the Central Railway Station in Oslo), tel: 23 35 81 00, is open 24 hours a day. In addition, there is a pharmacy in the Oslo City shopping center that is open until 10 pm on weekdays, and 8 pm on Saturdays.
- *Apotek 1 Sagene*, Grimstadgt. 21, tel: 22 02 80 40, and *Apotek 1 Sfinxen*, Bogstadvn. 51, tel: 22 85 39 50 are open until 9:00 p.m. on week nights and until 8:00 p.m. on Sundays and holidays.

DRIVING IN NORWAY

Driving Licenses

Holders of valid U.S. driver's licenses are permitted to drive in Norway up to 3 months without any special permission. Drivers who intend to drive in Norway longer than 3 months may use an International Driving License, which must be obtained before leaving the United States. Anyone who might be interested in renting a car during their stay in Norway (after the three month period) must obtain an International Driving Permit (IDP) before leaving the United States.

How can I get an official IDP?

You must be at least 18 years old and have a valid driver's license issued by a U.S. state or territory to buy an official IDP. For more information, see:

www.aaa.com/PPInternational/IDP_IADP.html.

Driving Rules

International rules for driving apply in Norway and are essentially the same as in the U.S.

However, you should be aware of a few important exceptions:

- The speed limit is indicated in kilometers per hour.
- The driver coming from your right at an intersection always has the right of way, unless the road you are driving on is marked with a yellow diamond-shaped sign.
- Traffic circles are commonly used in Norway instead of 4-way stop sign intersections. You must yield to cars from your left. Use your turn signal to indicate your intention to exit the circle.
- Norwegian laws regarding drinking and driving are stricter than in the U.S. The allowable blood alcohol content while driving is so low that even one glass of wine or beer can put a driver over the legal limit. Police often set up alcohol checkpoints along the road and give breathalyzer tests to all drivers; during the holiday season, they may set up check points early Saturday or Sunday morning. Driving under the influence of alcohol is punishable by at least 14 days in jail and a heavy fine and the loss of the driver's license for at least one year.

Snow Tires

Snow tires are strongly recommended for all cars from November 1 to the Sunday after Easter, when Norwegian regulations state that cars must be equipped with snow tires as weather conditions demand. Although studded snow tires are still used in the countryside in Norway, they are not permitted in the major cities. They are not permitted in many other European countries.

Automobile Insurance

Liability insurance (*Nordisk Automobil Forsikring*) is mandatory in Norway and valid in the four Scandinavian countries. Collision insurance (*KASKO*) is optional and may be purchased to cover a specified number of kilometers driven per year. Both types of insurance are available from most Norwegian insurance companies; See the yellow pages under “*Forsikringstjenester*” (Insurance Services). A letter from your U.S. insurer stating number of years of accident-free driving helps if you do plan to purchase insurance. With this documentation, you can receive a discount of up to 70% on insurance rates from many Norwegian insurance companies. It is also advisable to check with your current U.S. insurer about the availability and rates for collision insurance for driving in Norway and other European countries.

Parking

Paid parking is common during weekdays along city streets as well as in many parking lots. The most common system used in Norway is the automated parking meter (*P-automat*). To use this system, first park your car, get out and purchase a parking ticket from the nearest *P-automat* (a gray, rectangular machine which accepts 1, 5, 10 and 20 kroner coins), return to your car and place the ticket on the left-hand side of the dashboard in a clearly visible location. Parking garages (*P-hus*) are also common in cities, especially near large shopping and commercial areas. Usually, you take a ticket as you drive into the parking garage and pay at an automated machine or manned booth *before* you get in your car to drive out.

Rental cars

Students may wish to rent a car during a vacation or for a weekend in order to be able to enjoy some of Norway's beautiful scenery. There are many rental cars agencies including Avis, and many offer special prices for weekends or, for example, Easter vacation. In order to be eligible to rent a car, you must have a valid driver's license. Be sure to obtain an International Driver's License before leaving the United States if you want to rent a car. Look in the yellow pages under *Bilutleie*

FOOD

Meat, fish, poultry and dairy products are of excellent quality, but tend to be relatively expensive. (One recent student said, "prepare yourself for a shock the first time you buy food"!)

Bakery products are excellent, particularly when purchased from an independent bakery. Most fruits and vegetables can be obtained year round, with the best buys often found at green grocer shops and outdoor markets. “Foreign foods” not traditionally used in Norwegian cooking (i.e., Asian, Mexican, African products) can be found at larger grocery stores and at specialty foreign food stores. Water does not have fluoride added. Children can take fluoride tablets or liquid. Both are available at the pharmacy for children through age 12. Most milk does not have Vitamin D added. Some milk and other dairy products with Vitamin D added are available on the Norwegian market. However, it is recommended that adults and children take a daily multivitamin tablet.

SHOPPING

Generally, Norwegian stores are open fewer hours per week than in the U.S. They tend to open later in the morning and close earlier in the evening than Americans are used to. Some Norwegian stores stay open later in the evening on Thursdays, and most shopping malls are open

every evening until 8 p.m., Saturdays until 6 p.m. Saturday is the big shopping day of the week in Norway, with stores opening at 9 a.m. in the morning. All stores are closed on Sundays by Norwegian law, except for kiosks, 7-11 stores, small stores located inside gas stations, and green grocers under a certain size.

Cost of Living

Norway has one of the highest costs of living in the world. Be prepared to double the amount of money you spend per week on groceries and quadruple the amount on gasoline. New clothing also can cost up to twice as much as in the U.S. By shopping wisely, however, you can avoid paying top prices.

Grocery Stores

The grocery stores which offer the best prices on general daily food items are *Rimi*, *Rema 1000*, *Prix*, *Bunnpris*, and *Kiwi*. These are chain stores which can be found throughout Norway. Canned products from the U.S. tend to be expensive, but you usually can find Norwegian or European brands that are similar. “Foreign food” products tend to be less expensive at small family-run international food markets than at standard Norwegian grocery stores. This is also where you can find fruits and vegetables considerably cheaper than in regular grocery stores. This is also where you can find fruits and vegetables considerably cheaper than in regular grocery stores.

Flea Markets (Loppemarked) and Second Hand Stores

Used items ranging from clothes to skis can be purchased inexpensively at local flea markets (*loppemarked*), which in Oslo are advertised in the Saturday issue of *Aftenposten*, Norway’s largest newspaper. In other areas, check the local paper or look for fliers. Flea markets are held at local schools on weekends during the fall and spring. The flea markets are an excellent source for good used ski clothes and ski equipment, as well. There’s also a website with information about fleamarkets all over Norway: www.loppemarked.info. The Salvation Army (“Frelsesarmeen”) operates second-hand shops (“Fretex”) with clothes, and sometimes furniture and kitchen utensils.. For a clickable map of Fretex second hand stores, go to the Salvation Army website: <http://www.fretex.no/newsread/maps.aspx?nodeid=5224>

TOBACCO & ALCOHOL

Tobacco is highly taxed in Norway. A pack of filtered cigarettes costs about \$10.00 per pack. Smoking is prohibited in public buildings and on public transportation.

Regular Norwegian beer is available in most grocery stores before 7:00 p.m., but “export” beer, wine and spirits are only available in state-run liquor stores (*Vinmonopolet*) at highly taxed prices. Opening hours of liquor stores are restricted. Customs regulations allow adults travelling to Norway to bring in limited amounts of alcoholic beverages and tobacco products. Import of any amount of either alcohol or tobacco above the quota results in high duty fees. You can read more here:

www.toll.no/templates_TAD/Article.aspx?id=195294&epslanguage=en#travelling%20to%20Norway

ENJOYING YOUR STAY IN NORWAY

BOOKS AND MAGAZINES

English language newspapers, magazines, and books are widely available.

Norwegian news in English is available online through:

- www.norwaypost.no
- <http://www.norwaynews.com/en/>

It's also possible to enter the website of any Norwegian newspaper into the Google translator, <http://translate.google.com/>

A large selection of English language books are available at book stores, libraries and the American Women's Club in Oslo.

NORWEGIAN LANGUAGE CLASSES

Norwegian language classes are available through local adult education centers. Both evening and daytime classes are offered. Contact your host institution or the local *commune* (municipality). You can also check the yellow pages, www.gulesider.no.

LANGUAGE RESOURCES

For an extensive list of books, tapes, and online resources, please see the website of the Norwegian Language Council: www.sprakrad.no/Toppmeny/Om-oss/English-and-other-languages/English/Norwegian_language_resources/

AMERICAN EMBASSY FACILITIES

The American Embassy, www.usa.no is located in downtown Oslo at Henrik Ibsens gate 48, 0255 Oslo. Tel: 22 44 85 50. It is open Monday through Friday, 8:30 a.m. – 5:00 p.m. If you wish to register to vote in a state or national election, you may call the American Embassy and ask for the voting officer, who will be happy to help you with the overseas voting procedure.

AMERICAN WOMEN'S CLUB OF OSLO

The American Women's Club of Oslo is always pleased to have women Fulbright students or spouses of students as guests at their club meetings the second Tuesday of each month. The only requirement for membership is an American passport or sponsorship from a club member. On their website, you can find many useful tips about living in Oslo: www.AWCOslo.org

HOUSES OF WORSHIP

A number of congregations in Norway offer worship services and other activities in English:

- American Lutheran Church, Oslo: <http://alcoslo.org>
- Catholic churches with masses in English: www.katolsk.no/norge/masses.htm
- International Baptist Church of Norway: www.ibch.no
- St. Edmund's Anglican Church, www.osloanglicans.net
- Other Anglican congregations in Norway: www.osloanglicans.net/other.html
- The Mosaic Religious Community (*Orthodox Judaism*): www.dmt.oslo.no/english/
- The Society for Progressive Judaism in Norway: <http://www.pjnorge.no/engelsk.html>

Other congregations: www.norwaypost.no/worship/

SKIING

Skiing is part of the Norwegian lifestyle for people of all ages. Don't miss the opportunity to try out Norway's national sport during your stay. In Oslo, many people ski in the wooded hills north of the city (*Nordmarka*) near the Holmenkollen ski jump, which is covered with miles of cross-country ski tracks (hiking trails otherwise). This area is accessible by public transportation on the Frognerstøseter T-bane. Ski equipment may be purchased used from local ski shops or at outdoor flea markets (*loppemarked*). For general information about skiing in Norway, see the website of *Skiforeningen* (The Association for the Promotion of Skiing): www.skiforeningen.no/english

TRAVEL WITHIN NORWAY

On-line information on travel in Norway:

- On www.rutebok.no you can find schedules for every mode of public transport all over the country, including buses, trains, and ferries.
- SAS Braathens: www.sas.no
- Norwegian Air: www.norwegian.no
- www.trafikanten.no will give you detailed travel itineraries from any two addresses within the greater Oslo area, including maps.

Places to Stay

Relatively inexpensive overnight accommodations, such as hostels and cabins, are available throughout Norway. Contact the following organizations for more information and reservations:

- Hostelling International Norway, (hostels available for all age groups)
www.hihostels.no/english
- *Den Norske Turistforening* (Norwegian Tourist Organization), Storgt. 3, 0101 Oslo, tel: 22 82 28 00. The association maintains a well-marked network of trails (hiking and skiing), with cabins (self-served or with meals included) all over Norway. www.turistforeningen.no/english

Oslo Guide

www.visitoslo.com has comprehensive information about Oslo. On www.use-it.no you can find the publication "Streetwise" which has excellent information for budget conscious travelers. Similar guides and tourist information for other cities can be obtained at tourist information centers.

Student Cards

Students can obtain a student card from the international student offices at their universities, which provide benefits such as reduced travel costs and theatre tickets. For further information on available benefits, contact SAS, railroad stations or travel agencies.

Recommended Activities

Previous students have recommended these events and activities:

- Student Week in Trondheim - An experience just to see the student building which is run by the students themselves. www.uka.no.
- Holmenkollen Day - Ski jumping and other ski activities in and around Oslo. (This day is in March. For good seats, book well in advance). See their homepage for more information:

www.skiforeningen.no/english

- Ski Trip to Norefjell - Three hours by bus from Oslo, with fine terrain for slalom and cross-country skiing.
- A visit to a Saami (*Samisk*) community at Karasjok or Kautokeino.
- Skiing the "*Lysløype*" - the lighted night ski-run from Tryvannskleiva to Midtstua in Nordmarka near Oslo and at Østenstadmarka (south) and Bymarka (west) near Trondheim.
- Sunday tours in Nordmarka - Hiking in the summer, skiing in the winter; part of the way of life in Oslo.
- A trip over the Oslo-Bergen Railway - Along with a side trip on the Myrdal-Flåm railway, by ferry to Vangnes, then by bus to Voss, rejoining the main rail line there. Also, the Dombås-Åndalnes line.
- Visiting Bergen for the Festspill (International Music Festival) held in May. Be sure to book hotel/transportation reservations well in advance for this event. www.fib.no
- A boat trip up one of the fjords on the west coast, if possible through Hardanger in cherry blossom time.
- A trip to northern Norway during the period of the Midnight Sun. For an unforgettable experience, take a trip on the coastal ferry, *Hurtigruten*: www.hurtigruten.no. The journey from Tromsø to Bodø (or vice versa) takes 24 hours and will take you through the magnificent Lofoten islands.
- A genuine Norwegian Easter vacation, cross-country skiing and staying at a cabin (*hytte*) in the mountains. Book lodging well in advance.

NORWEGIAN HANDICRAFTS

Every sizeable town in Norway has a *Husfliden* shop where one can buy genuine Norwegian hand-made items. In these and many other stores, there are handknitted sweaters, pewterware, enameled silver, crystal and hand-painted (*rosemalt*) wooden wares. See also: www.husfliden.no

FOLK DANCING

The *Bondeungdomslaget*, located at Rosenkrantz gt. 8, Oslo, tel: 22 20 27 03, offers beginner and advanced instruction in folk dancing each quarter. Only Norwegian is spoken, so it offers an interesting glimpse into a genuine Norwegian cultural activity. Dancing in Norway's national dress can be seen at Bygdøy Folk Museum on Sunday afternoons and some evenings during the summer. www.bul.no

SOCIAL CUSTOMS

Dining Customs

In cities, the main meal of the day (*middag*) is usually served after office hours (4 p.m. - 6 p.m.); in the countryside, it is served earlier. Lunch, consisting of sandwiches (*smørbrød* or *brødskiver*), is usually eaten between 11:30 and 12:00 noon.

In most Norwegian families, entertaining begins at about 7:00 p.m., and guests would be served a meal. You may want to check with your host since mealtimes and practices vary. When inviting Norwegians to your home, be specific about the time as well as to the type of refreshments you will serve.

Social Procedure

When entering someone's home, it is customary to take one's shoes off, especially during winter or if the weather is bad. For more formal occasions, bring shoes that go with the outfit you are wearing. For more informal gatherings, it is acceptable to walk around in your socks. During winter, some Norwegians will even bring along thick wool socks or slippers to stay warm! When entering a room, shake hands with all the people present unless a large function makes that impossible. Introduce yourself, instead of waiting to be introduced to those you haven't met before. Give a friendly greeting to those you do know, but still shake hands. For your first visit to someone's home, it is customary to bring a small gift. Flowers, a bottle of wine or a small gift from the U.S. would be equally appreciated. When greeting either your host or hostess or anyone you have met at a previous function, it is common to say "*Takk for sist*" (literally "thanks for last", but really means "it's nice to see you again") Gifts are often sent in advance for special functions like weddings, baptisms, confirmations or birthdays. They are then displayed for the guests. Decade birthdays are very important to Norwegians; they call it "rounding the years." Expect to make a little *skål* speech to the honored person(s).

Formal Dining Procedures

It is impolite to drink the wine until the host has formally welcomed everyone to the table and offered the first *skål*. Normally you will be offered two helpings of everything except the soup, so take a smaller helping at first so you can follow it with another. The position left of the hostess is honorary and usually means that person is responsible for giving the "*Takk for maten*" speech. This can be lengthy, often humorous, with references to the guests and reflects the efforts of the host and hostess. However, since the position is contrary to the international custom of the person on the right of the hostess being the honored guest, there is often some confusion about who is going to give this speech. Be sure to leave a little wine for the *skål* at the end. After dining, guests usually thank the hostess before leaving the dining table. Norwegians are usually very punctual and expect others to be. People generally are exactly on time, sometimes even early. Norway is not a "drop-in" society, and most invitations for eating involve careful planning. Invitations saying "informal" mean coat and tie for the men and nice dresses or suits for the ladies. "*Blå dress*" means dark suits for men and nice dresses for the ladies; "*smoking*" indicates tuxedos and long gowns. If in doubt, it is always best to ask your hostess what the dress will be when replying to an invitation. *SU* is the Norwegian equivalent of RSVP.

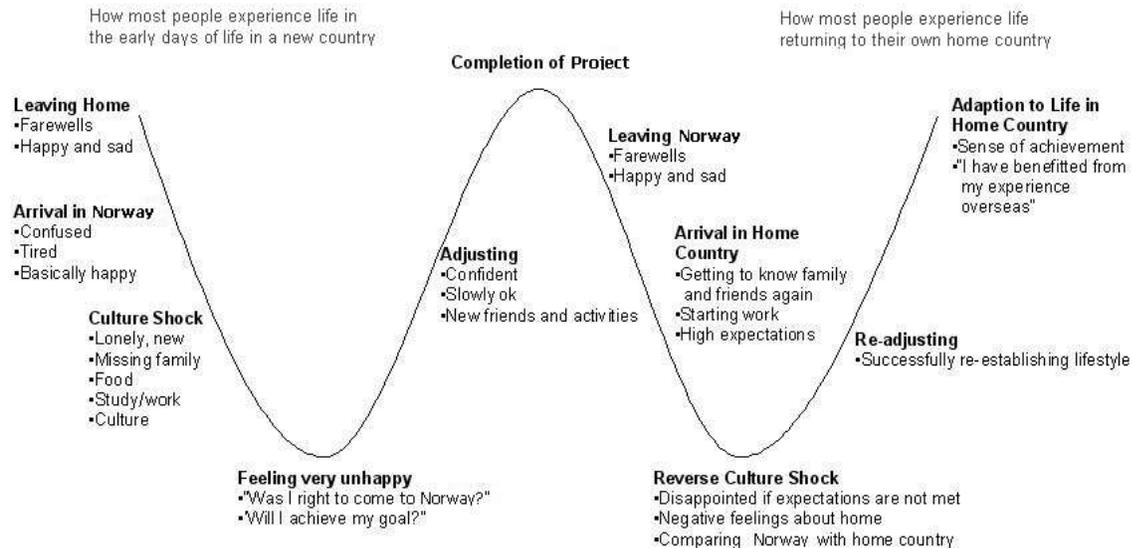
Establishing Friendships

Norwegians have very close ties to family and long-term friends from school days. Many Norwegians don't feel inclined to go much further to extend their relationships to outsiders. Consequently, establishing friendships, even in the neighborhood, may take a while. Former students have found that it is easier to establish friendships by getting involved in informal activities and hobbies – such as crafts courses, choirs and orchestras, local sports clubs, meeting other parents through their children's activities, etc. Norwegians tend to see work, including lecture halls and reading rooms, as a "public" arena, which is often strictly separated from their more personal, private circle of family and friends. Don't give up. Norwegians are incredibly warm and hospitable once you are invited into their circle of friends.

CULTURAL DIFFERENCES

Extended periods abroad mean making big changes in your daily life. Generations of students have found that they go through a predictable series of changes as they adjust to living abroad, commonly known as "culture shock".

The Process of Adjustment



The following is known as the W curve of Cultural Adjustment that everyone experiences in varying degrees. At first, most find the new situation very exhilarating, a time of new experiences, sights, sounds and activities. People are usually helpful and friendly and there are patterns you can learn and depend on. (top of left leg of W) As you become more involved in activities and get to know people around you, differences rather than similarities will become more apparent. A very common occurrence is the "three months blues" when many people experience a real feeling of homesickness. In addition, winters in Norway are very dark, and many people experience a mild depression due to light deprivation (see below). Later when students start looking forward to returning to their home country, the W curve points upwards. Few people anticipate, however, that upon their return they will experience culture shock as they did when they first came to Norway. "Reverse culture shock" is most pronounced for those who expect everything at home to be the same as when they left it. As you see on the W curve, reverse culture shock follows the same pattern as when you first arrived in Norway. As cultural differences emerge, for some people the process may culminate in an emotional state known as culture shock. Common symptoms of culture shock are:

- Extreme homesickness
- Desire to avoid social settings that seem threatening or unpleasant
- Physical complaints and sleep disturbances
- Depression and feelings of helplessness
- Difficulty with course work and concentration
- Loss of sense of humor
- Boredom or fatigue
- Hostility toward the host culture

The most effective way to combat culture shock is to be aware of the typical pattern. Try the following:

- Observe how others are acting in the same situation
- Describe the situation, what it means to you and your response to it
- Ask Norwegian students or residents how they would have handled similar situations
- Plan how you might act in the future

Throughout the period of cultural adaptation, take good care of yourself. Spoil yourself by eating good food, spending time with friends, staying in touch with the United States, exercising and getting plenty of sleep. It is also useful to realize that the reactions and perceptions others have of you, and you have of them, are not personal evaluations, but are based on a clash of cultural values. The "shock" gradually eases as you begin to understand the new culture. With understanding you will start to do your best in your studies and social life and to relax and fully enjoy your new situation. For more information about this subject:

www.wabash.edu/international/reintegration

SEASONAL AFFECTIVE DISORDER (SAD)

Some students have found that the long, dark nights of Norwegian winters have affected them negatively. Most likely, they have experienced Seasonal Affective Disorder (SAD) - often known as the winter blues. Symptoms of seasonal affective disorder include:

- Depression
- Hopelessness
- Anxiety
- Loss of energy
- Social withdrawal
- Oversleeping
- Loss of interest in activities you once enjoyed
- Appetite changes, especially a craving for foods high in carbohydrates
- Weight gain
- Difficulty concentrating and processing information

It may be tempting to curl up in bed or overeat on chocolate during this dark season, but there are better ways to handle the situation. You can take action to help cope with seasonal affective disorder. Here are tips to help you manage the condition:

- When in Norway, do as the Norwegians: light candles. Do what you can to make your home lighter, sunnier and brighter.
- Get out. Spend time outdoors on sunny days. Take a long walk, go skiing, or find other ways to soak up the sun.
- Maintain a regular daily schedule.
- Exercise regularly. Physical exercise helps relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can improve your mood.
- Take care of yourself. Get enough rest, eat a balanced diet and take time to relax. Don't turn to alcohol or unprescribed drugs for relief.

- Practice stress management. Learn how to better manage stress. Unmanaged stress can lead to depression, overeating, or other unhealthy thoughts and behaviors.
- Socialize. Stay connected with people you enjoy being around. They can offer support, a shoulder to cry on or a joke to give you a little boost.
- Take a trip. If possible, take winter vacations in sunny, warm locations if you have winter SAD.
- **If at any time you feel that the situation becomes too difficult for you to handle on your own, you should seek professional help.**

Source: www.mayoclinic.com/health/seasonal-affective-disorder/DS00195

Norwegian Language and The Metric System

UNITED STATES, ENGLISH AND CONTINENTAL CLOTHING SIZES

Since sizes are not standardized, this is just a guide; try on, when possible.

Women's Dresses, Coats, Suits, Skirts

<i>U.S.</i>	10/32	12/34	14/36	16/38	18	20
<i>Europe</i>	38	40	42	44	46	48

Junior Dresses, Coats, Suits, Skirts

<i>United States</i>	7	9	11	13	15	17
<i>England</i>	9	11	13	15	17	
<i>Europe</i>	34/36	36/38	38/40	40/42	42/44	44/46

Ladies' Blouses and Sweaters

<i>U.S. & England</i>	30	32	34	36	38	40	42
<i>Europe</i>	38	40	42	44	46	48	50

Stockings

U.S. Same as Continental sizes.

Ladies' Shoes

<i>U.S.</i>	4	5	6	7	8	9	10
<i>Continental</i>	34	35	36	37	38	40	41

Men's Shirts

<i>U.S. & England</i>	14	14 ½	15	15 1/2	16	16 1/2	17
<i>Europe</i>	36	37	38	39	40	41	42

Men's Shoes

<i>U.S.</i>	5	6	7	8	9	10	11	12
<i>Europe</i>	38	39	40	41	42	43	44	45

Children's Sizes

According to Child's height in centimeters. If your child is 125 centimeters tall, look for size 125 or the nearest possible sizing.

Measurements Chest and Waist

<i>U.S.</i>	30	32	34	36	38	40
<i>Continental</i>	37/38	40	42/43	45	47/48	50

USEFUL VOCABULARY

Please note that the letters in the Norwegian alphabet are not pronounced the same as in English, even though the alphabet is the same, with the exception of the three extra vowels (diphthongs)- ø (oe) ,æ (ae), å (aa). <http://www.omniglot.com/writing/norwegian.htm> has a Norwegian pronunciation guide.

Transportation (Transport)

<i>Bus</i>	Buss	<i>Streetcar, tram</i>	Trikk
<i>Airplane</i>	Fly	<i>Taxi</i>	Taxi, or drosje
<i>Car</i>	Bil	<i>Train</i>	Tog

Stores (Forretninger, Butikker)

<i>Prescription Drugstore</i>	Apotek	<i>Fruit, Vegetables</i>	Frukt, Grønnsaker
<i>"Corner" (little) store</i>	Kiosk	<i>Gas station</i>	Bensinstasjon
<i>A cafe with ice cream, cakes, coffee</i>	Konditori	<i>Grocery Store</i>	Kolonial
<i>Art supplies</i>	Kunsthandel	<i>Hardware</i>	Jemvare
<i>Bakery</i>	Bakeri	<i>Kitchen utensils</i>	Jemvarer, kjøkkenutstyr
<i>Bank</i>	Bank	<i>Ladies' wear</i>	Dameklær
<i>Children wear</i>	Barneklær	<i>Meat Shop</i>	Kjøttforretning
<i>Cleaners</i>	Renseri	<i>Mens' wear</i>	Herreklær
<i>Cosmetics, perfumes</i>	Parfumeri	<i>Movie theater</i>	Kino
<i>Delicatessen</i>	Delikatesse	<i>Paints, Hardware</i>	Farge or Fargehandel
<i>Fast Food Stand</i>	Gatekjøkken	<i>Ready-to-wear clothing,</i>	Klær
<i>Fish and Game</i>	Fisk og Vilt	<i>Shoe repair</i>	Sko reparasjon
<i>Florist</i>	Blomsterbutikk	<i>Stationery and paper</i>	Papirhandel
<i>Folk handicrafts</i>	"Husfliden" & "Heimen"	<i>Tobacco</i>	Tobakk

Food (Mat)

Meat (Kjøtt)

<i>Venison roast</i>	Dyrestek	<i>Loin roast</i>	Kotelettkam
<i>Bacon</i>	Bacon	<i>Meatballs</i>	Kjøttkaker
<i>Beef</i>	Oksekjøtt	<i>Pork chop</i>	Svinekotelett
<i>Bologna</i>	Serelat	<i>Pork roast</i>	Svinestek
<i>Cured mutton</i>	Fenalår	<i>Rolled roast (without bone)</i>	Bog uten ben
<i>Dried salted meats</i>	Spekemat	<i>Smoked cured ham, like prosciutto</i>	Spekeskinke
<i>Filet mignon</i>	Indrefilet	<i>Smoked ham</i>	Røkt skinke
<i>Ground pork</i>	Medisterdeig	<i>Spareribs</i>	Ribbe
<i>Ground pork for patties</i>	Medisterfarse	<i>Stew</i>	Lapskaus
<i>Ground round</i>	Karbonade	<i>T-bone steak</i>	T-ben stek
<i>Ham</i>	Skinke	<i>Veal as for wiener schmitzel</i>	Kalvefilet
<i>Hamburger</i>	Kjøttdeig	<i>Veal roast</i>	Kalvestek
<i>Hot dogs</i>	Pølser		
<i>Lamb</i>	Lam, får		

Fish (Fisk)

<i>Codfish</i>	Torsk	<i>Halibut</i>	Hellefisk/Kveite
<i>Coal fish</i>	Sei	<i>Herring</i>	Sild
<i>Crab</i>	Krabbe	<i>Lobster</i>	Hummer
<i>Fish pudding of ground cod or haddock shaped into a loaf and steamed</i>	Fiskepudding	<i>Mackrel</i>	Makrell
<i>Flounder</i>	Flyndre	<i>Salmon</i>	Laks
<i>Fresh salted salmon</i>	Gravlaks	<i>Shrimp</i>	Reker
<i>Haddock</i>	Kolje	<i>Smoked salmon</i>	Røkt laks
		<i>Trout</i>	Ørret
		<i>Whale meat</i>	Hvalbiff

Fowl & Game (Fugl & Vilt)

<i>Chicken</i>	Kylling	<i>Pheasant</i>	Fasan
<i>Duck</i>	And	<i>Ptarmigan</i>	Rype
<i>Grouse</i>	Årflugl	<i>Turkey</i>	Kalkun

Dairy Products (Meieri)

<i>Milk</i>	Melk	<i>Ice cream</i>	Is
<i>2% Milk</i>	Lett melk	<i>Margarine</i>	Margarin
<i>Brown goat cheese</i>	Geitost	<i>Skimmed milk</i>	Skummet melk
<i>Butter</i>	Smør	<i>Sour cream</i>	Rømme
<i>Cheese</i>	Ost	<i>Sour or buttermilk</i>	Kefir
<i>Cream</i>	Fløte	<i>Thicker sour cream</i>	Seter rømme
<i>Cultured sourmilk</i>	Kultur melk	<i>Whipping cream</i>	Kremfløte
<i>Eggs</i>	Egg	<i>Whole milk</i>	Hel melk

Bakery Goods (Bakeri)

<i>Bread</i>	Brød	<i>French bread</i>	Pariserloff
<i>Buns</i>	Boller	<i>French pastry</i>	Napoleonskaker
<i>Cake</i>	Kake	<i>Jam</i>	Syltetøy
<i>Cookies</i>	Småkaker	<i>Jelly</i>	Gelé
<i>Cracked wheat bread</i>	Helkorn brød	<i>Mixed grain, mostly white</i>	Kneipbrød
<i>Crackers, biscuits</i>	Kjeks	<i>Rolls</i>	Rundstykker
<i>Danish pastry</i>	Wienerbrød	<i>Rye</i>	Rugbrød
<i>Dark rye bread</i>	Grovbrød	<i>Whipped-cream cake</i>	Blotkake
<i>Eclairs</i>	Vannbakkels	<i>White bread</i>	Loff

Vegetables (Grønnsaker)

<i>Beans</i>	Bønner	<i>Onion</i>	Løk
<i>Beets</i>	Rødbeter	<i>Parsley</i>	Persille
<i>Brussel sprouts</i>	Rosenkål	<i>Parsnip</i>	Pastinakk
<i>Cabbage</i>	Kål	<i>Potato</i>	Potet
<i>Carrots</i>	Gulrotter	<i>Radish</i>	Reddik
<i>Chives</i>	Gressløk	<i>Rice</i>	Ris
<i>Corn</i>	Mais	<i>Rutabagas</i>	Kålrot
<i>Cucumber</i>	Agurk	<i>Sauerkraut</i>	Surkål
<i>Garlic</i>	Hvitløk	<i>Spinach</i>	Spinat
<i>Leek</i>	Purre	<i>String beans</i>	Snittebønner
<i>Lettuce</i>	Salat	<i>Tomato</i>	Tomat
<i>Mushroom</i>	Sjampignon or Sopp		

Fruit (Frukt)

<i>Apple</i>	Eple	<i>Orange</i>	Appelsin
<i>Apricot</i>	Aprikos	<i>Peach</i>	Fersken
<i>Banana</i>	Banan	<i>Pineapple</i>	Ananas
<i>Blueberry</i>	Blåbær	<i>Plum</i>	Plomme
<i>Cherry</i>	Kirsebær	<i>Prune</i>	Sviske
<i>Cloudberry</i>	Multer	<i>Pear</i>	Pære
<i>Currants</i>	Rips	<i>Raisins</i>	Rosiner
<i>Grape</i>	Drue	<i>Raspberry</i>	Bringebær
<i>Lingonberry (tastes like Cranberry)</i>	Tyttebær	<i>Strawberry</i>	Jordbær

Spices, Seasoning (Krydder)

<i>All-spice</i>	Allehånde	<i>Nutmeg</i>	Muskat
<i>Almond Extract</i>	Mandel essens	<i>Oregano</i>	Oregano
<i>Anise</i>	Anis	<i>Paprika</i>	Paprika
<i>Basil</i>	Basilikum	<i>Parsley</i>	Persille
<i>Bay leaf</i>	Laurbærblad	<i>Pepper</i>	Pepper
<i>Cilantro</i>	Koriander	<i>Pimiento</i>	Pimiento
<i>Chili powder</i>	Chile pulver	<i>Rosemary</i>	Rosmarin
<i>Chives</i>	Gressløk	<i>Salt</i>	Salt
<i>Cinnamon</i>	Kanel	<i>Soy sauce</i>	Soyasaus
<i>Cloves</i>	Nellik	<i>Spanish pepper</i>	Spansk pepper
<i>Curry</i>	Karry	<i>Thyme</i>	Timian
<i>Garlic</i>	Hvitløk	<i>Tomato paste</i>	Tomatpure
<i>Ginger</i>	Ingefær	<i>Vanilla extract (stronger than U.S. type)</i>	Vanilje essens
<i>Horseradish</i>	Pepperot	<i>Vegetable coloring</i>	Fruktfarve or Konditorfarve
<i>Ketchup</i>	Ketchup	<i>Vinegar</i>	Eddik
<i>Mace</i>	Muskatblomme		
<i>Mustard</i>	Sennep		

Baking Materials (Bakesaker)

<i>Baking Powder</i>	Bakepulver	<i>Potato flour</i>	Potetmel
<i>Baking Soda</i>	Natron	<i>Refined white sugar</i>	Farin-sukker
<i>Brown sugar</i>	Brunt sukker, demarara sukker	<i>Semi-sweet chocolate</i>	Kokesjokolade
<i>Confectioners Sugar</i>	Melis	<i>Shortening, lard</i>	Matfett, smult
<i>Cornstarch</i>	Maizena	<i>Sugar lumps</i>	Sukkerbiter, raf- finade
<i>Flour, white</i>	Hvete mel	<i>Sweet & Low (tablets)</i>	Sukketter
<i>Flour, whole wt.</i>	Sammalt hvete (fin & grov)	<i>Yeast</i>	Gjær

Beverages (Drikkevarer)

<i>Beer</i>	Øl	<i>Pilsner beer</i>	Pils
<i>Coffee</i>	Kaffe	<i>Red wine</i>	Rødvin
<i>Coke, 7-up, etc.</i>	Brus	<i>Tea</i>	Te
<i>Fruit Juice</i>	Juice	<i>Water</i>	Vann
<i>Fruit juice syrup</i>	Saft	<i>White wine</i>	Hvitvin
<i>Ice water</i>	Is vann	<i>Wine</i>	Vin

Diabetic articles are marked NSL and can be bought at most grocery stores.

Cooking Terms (Matlagningsmetoder)
Fried or roasted

Stekt

Grilled

Grillet

Poached, boiled in water

Kokt

Oven Temperature Conversions

<u>Fahrenheit</u>	<u>Centigrade</u>	<u>Fahrenheit</u>	<u>Centigrade</u>
100	38	300	149
125	52	325	163
150	66	350	177
175	79	375	191
200	93	400	204
225	107	425	218
250	121	450	232
275	135	475	246
		500	260

Toilet Articles (Toalettartikler)
Diapers

Bleier

Razor blades

Barberblad

"Kleenex"

 Papir lommetør-
kler

Sanitary napkins

Damebind

Emery Board

 Neglefil av
sandpapir

Tampax

Tampong

Tooth brush

Tannbørste

Tooth paste

Tannpasta

Sewing Materials (Sysaker)
Material

Stoff

Needle

Nål

Facing

Belegg

Pattern

Monster

Interfacing

Strie

Scissors

Saks

Interlining

Mellomfor

Stiffening

Stivning

Lining

For

Thread

Tråd

Measuring tape

Målbånd

Services (Tjenester)
Dry cleaners

Renseri

Hairdresser

Damefrisør

Barber

Herrefrisør

Laundry

Vaskeri

Carpenter

Snekker

Painter

Maler

Cut (hair)

Klipp

Permanent (hair)

Permanent

Electrician

Elektriker

Plumber

Rørlegger

Fireplace-wood, coal

Brensel

Shoe repair

Skoreparasjon

Glazier

Glassmester

Wash and set (hair)

Vask og legg

WEIGHTS AND MEASURES

Several websites now do automatic conversions, such as: <http://www.onlineconversion.com/>

<i>Metric</i>	<i>American</i>
1 gram	0.353 ounce
1 kilogram	2.204 lbs.
0.453 kilograms	1 pound
1 liter	1.057 liquid quarts
0.473 liters	1 pint
3.785 liters	1 gallon
1 kilometer	3.280 feet or 5/8 of a mile
10 kilometers	1 Norwegian mile
1.61 kilometers	1 English (American) mile
1 meter	1.094 yards / 39.37 inches
2.54 centimeters	1 inch

TEMPERATURES

See chart:

From Celsius to Fahrenheit:

Multiply C degrees by 1.8 and add 32.

From Fahrenheit to Celsius:

Subtract 32 from F degrees and multiply by 1.8

