

STAVANGER
CHAMBER
OF COMMERCE

Welcome to the STAVANGER REGION

PRACTICAL INFORMATION ABOUT WORKING AND LIVING IN THE STAVANGER REGION



WELCOME TO THE STAVANGER REGION

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The information in
«Welcome to the Stavanger Region»
is up-to-date as of June 2026.
We disclaim responsibility for any
print errors.

As you delve into this guide, whether you've recently relocated to the region or are en route to Norway, it's important to acknowledge the region's enduring commitment to growth and inclusivity, dating back to the late '60s and the onset of the oil era. Having established a robust tradition of recruiting and integrating international expertise, this region has evolved into the energy capital, marked by dynamic growth fueled by high-tech industries and a well-educated workforce.

The Stavanger Region warmly welcomes you to this rapidly expanding region. Where enticing job opportunities, cutting-edge research units, top-tier university facilities, and excellent international schools make it an attractive region for professionals. This guidebook is crafted to provide valuable insights, and hopefully ensure a smooth start to your time in Norway. Covering practical aspects related to culture, traditions, attractions, food, and daily life, our guide embodies the region's commitment to the motto: «Come for the job, stay for the lifestyle», emphasizing growth and inclusion.

With around 364,000 inhabitants representing different nationalities from all over the world, the Stavanger Region embraces diversity. We express our gratitude to sponsors, volunteers, and partners whose support has brought this guide to fruition. Our aspiration is to transform you, the reader, into positive «ambassadors» for the region, recommending it to family, friends, and business connections. Embrace your journey, and may your stay be filled with enriching experiences.

Best regards

Stavanger Chamber of Commerce

A handwritten signature in black ink, appearing to read 'Harald Minge'.

Harald Minge
CEO

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CONTENTS

04 01 MOVING TO

Work and residence permits
Importing goods to Norway
Relocation service
Renting property
Buying property
Permits

19 03 WORK IN

Self employment and summer jobs
Trade unions and professional unions
Employment terms and conditions
Taxation

09 02 WELCOME TO

Norway
The Stavanger region
Stavanger the city
A short history of Norway
Norway general facts
Norwegian culture
Habits and characteristics

24 04 EDUCATION AND HEALTHCARE

Public and private schools
Universities
Emergency medical treatment
Non-emergency medical treatment

31 05 RECREATION AND TRANSPORT

Day trips
Childrens activities
Sports and activities

The secrets to a successful life in Norway

EPISODES:



Housing



Weather



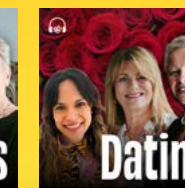
Health



Driving



Politics



Dating



Food



Dugnad

01 MOVING TO THE STAVANGER REGION

If you are contemplating a move to Norway, you likely have numerous questions regarding the practicalities of relocating. What steps should you take in preparation, and what alternatives are available to you? This guide aims to provide a comprehensive overview of the essential tasks and factors you should take into account.

CHECKLIST

BEFORE ARRIVING IN NORWAY

- Passport: must be valid for at least three months after arrival.
- Visa, if applicable.
- Work permit, if applicable.
- Proof of sufficient financial means for the initial month.
- Birth certificate(s).
- Marriage certificate.
- Divorce decree(s) that include any financial agreement(s) or alimony.
- Academic certificates: if possible, have them translated into Norwegian Recognition scheme hkdir.no
- Professional or vocational certificates and work records.
- Schengen certificate (needed for narcotic medicines).
- Medical records if you would like to transfer treatment to Norway.
- Vaccination records or certificates (especially for children); preferably an international standard vaccination card (WHO vaccination certificate).
- Driving license (International licence if your driving licence does not have a photo or the information on your driving licence is written in an alphabet other than the Latin alphabet)
- Bank card that works in Norway
- No-claim certificate from previous car insurance company.
- Child benefit claims from another country usually provide information on your last payment date and registration date. Check your relevant documentation for these details.
- Proof of purchase: Duty tax might be charged on expensive items. It is advisable to be able to document receipts of such purchases when brought into the country.
- Documentation for the importation of cars, plants, foods, and animals.

WORK AND RESIDENCE PERMITS

THE NORWEGIAN DIRECTORATE OF IMMIGRATION (UDI)

As a rule, you must hold a residence permit to be able to work in Norway. Citizens of EU/EEA/EFTA countries, with some exceptions, no longer need to apply for a residence permit, but they are still required to register with the police. The Directorate of Immigration (UDI) is the central agency responsible for processing work and residence permit applications. Their website contains comprehensive information about different kinds of permits and about how to apply. Information is available in over twenty languages.

udi.no

SERVICE CENTRE FOR FOREIGN WORKERS

SUA gathers services from the Labour Inspection Authority, the police, the Tax Administration and UDI.

At SUA, you can sort out everything you need to work in Norway. The aim is to process your applications quickly and provide guidance in several languages.

You can get help at SUA if you're a foreign worker, a foreign self-employed person, a family member of a foreign worker or the employer of a foreign worker.

At the centre, you can apply for a residence card, a tax card and a Norwegian national identity number, the latter being essential for a number of public and private services in Norway, for example opening a bank account, telephone subscriptions, signing up for a General Practitioner, buying insurance etc.

sua.no



BRING YOUR FAMILY

The Directorate of Immigration (UDI) serves as the primary agency overseeing the processing of work and residence permit applications. The website offers various forms for work, family reunification, visas, study permits, citizenship, and asylum. It also provides information on statistics, case processing times, fees, settlement permits, travel documents, and all application forms. It's important to be familiar with the diverse types of permits available, noting that permits for Family Reunification

typically have a duration of one year. You must apply for renewal three months before your permit expires

udi.no

It is important to be aware of Norway's laws and regulations in regards to parenting and child rearing. Under the Norwegian Childrens Act, all forms of physical discipline is prohibited in Norway. bufdir.no

IMPORTING GOODS

CUSTOMS (TOLL)

It's important to note that Norway has specific laws governing the import of various items, including household goods, food, plants, and animals.

For instance, if you plan to bring a car to Norway, you'll be obligated to pay import tax. While there's an option to seek dispensation for the temporary use of a vehicle registered outside Norway, it's advisable to initiate this process before your move to Norway in certain cases. Norwegian Customs and Excise (toll.no) will provide information about these regulations.

CARS

Motor vehicles may not be imported into Norway duty-free as household goods. More information about vehicle importation (customs and excise duties) is available from Tollvesenet at toll.no.

Before a foreign-registered car can be used in Norway, certain conditions stipulated by the Norwegian Public Roads Administration (Statens vegvesen; vegvesen.no) must be met.

The local traffic stations are:

- Stavanger: Christian August Thoringsveg 12, 4033 Stavanger
- Egersund: Krossmoveien 281, 4370 Egersund
- Haugesund: Kvaløygata1, 5537 Haugesund
- Sauda: Birkelandsvegen 80, 4200 Sauda

HOUSEHOLD GOODS

Current duties are available on the Norwegian Customs and Excise (Toll og Avgiftsdirektoratet) website: toll.no.

You may import your personal and household goods free of duty and value added tax (VAT), provided that all goods are used and imported for personal use in Norway, and you have lived abroad continuously for at least a year and have owned the items during that time. You must pay duty and VAT on any new items.

IMPORTING PETS, FOOD, AND PLANTS

The Norwegian Food Safety Authority (mattilsynet.no) is the government agency responsible for veterinary and animal health matters. It places heavy restrictions on importing pets, food, and plants. It is a good idea to contact them before you move to ensure that you will not encounter difficulties bringing your belongings into the country.



relocation **30 YEARS**
1996 - 2026

Integrating international employees in Norway

Immigration | Homefinding | Settling in

Personal. Professional. Dedicated. | www.relocation.no

RELOCATION SERVICES

Below are examples of companies that offer immigration and relocation services in Rogaland.

- Relocation relocation.no
Sirva sirva.no
Alfa alfamoving.com

MOVING COMPANIES

Moving companies in the Rogaland region include:

- Håkull haakull.no
- SIRVA sirva.com
- Alfa alfamoving.com
- Haugesund Flyttebyrå haugesund-flyttebyraa.no



RENTING PROPERTY

The range of rental properties in cities and surrounding regions varies based on market conditions. It's an active market with properties being quickly snapped up. Rental prices, determined by location and size, are higher closer to the city center. Agreements typically span three years, extendable to five, with a deposit equal to one- or three-months rent. Rental prices are usually reviewed annually. The Tenants Association (Leieboerforeningen) safeguards tenant interests, providing advice and services on tenancy agreements. Visit lbf.no for details.

Properties for rent are advertised by letting agents and owners. Check Finn (finn.no) for rental properties. One of the most crucial aspects of finding housing in Norway is starting your search early. Given the highly competitive rental market, it's recommended to commence your search for accommodation well in advance of your intended move-in date.

BUYING PROPERTY

The real estate profession in Norway is highly regulated. Properties for sale are advertised in real estate offices, national newspapers, and on the internet. Options include Finn (finn.no) and Stavanger Aftenblad (aftenbladet.no), the largest newspaper in the Stavanger region, focusing on properties in Friday and Saturday editions.

Individual properties usually have fixed viewing days and times. To buy a property, submit a binding bid to the real estate agent, including financing information. You must obtain a loan commitment certificate from a bank before you start to look at properties. The seller can accept or reject any bid, however once the seller has accepted the bid it is legally binding.

FINANCING

Contact your bank representative for available financing options and details on the property purchasing procedure.

CHECKLIST

AFTER ARRIVING IN NORWAY

- Effectuate residence permit and order Norwegian residence card and identity number
- Contact the local National Register (Folkeregisteret) to record your residence – remember if moving within Norway to update address
- Contact the local tax office (Skattekontoret) to get a tax card and to inquire about taxation matters
- Enroll your children in school, kindergarten, or day-care centre (contact your municipality for more information) – need national identity number
- Register with your country's embassy or consulate
- Open bank account and Bank ID – need national identity number
- Subscribe to services, such as telephone, internet, and cable TV – need national identity number
- Arrange child benefit (if applicable) – need national identity number
- Buy insurance policies (e.g., homeowners, car) – need national identity number
- Consider employment matters (e.g., professional associations and/or trade unions)
- Register with Digipost for digital postal service used by public sector – need national identity number

USEFUL WEBSITES AND TELEPHONE NUMBERS

«New in Norway» compiles useful information from Norwegian authorities to assist you in adapting to your new life in the country. Covered topics encompass Norwegian language courses, the education system, healthcare, queries related to working in Norway, and more. This information is accessible in multiple languages to cater to diverse needs. nyinorge.no

- Gateway to public services norge.no
- Permits (skilled worker/specialist, family reunification, study etc) udi.no
- Service centre for foreign workers (SUA) sua.no
- Residence permits, registration and visitor visa politiet.no

POLICE: **112**

AMBULANCE: **113**

FIRE: **110**

A&E: **116117**

Contact nearest Accident & Emergency room (legevakt) all over Norway:
Telephone 116117



PERMITS

(SKILLED WORKER/SPECIALIST,
FAMILY REUNIFICATION, STUDY, ETC.)

DIRECTORATE OF IMMIGRATION (UTLENDINGS DIREKTORATET – UDI)

Information is available in over twenty languages. On the website you can find forms for work, family reunification, visas, study permits, citizenship, asylum, statistics, case processing times, fees, settlement permit, travel documents and all application forms. Be aware of the different types of permits. Permits for Family Reunification last for one year.

Visa-free foreigners can stay in Norway up to 3 months without having to apply for a residence permit. With a mandatory immigration visa, one may take residence in Norway as long as the visa is valid. It follows from the Immigration Act that all foreigners who take residence in the country beyond 3 months without work, must have a residence permit. Moreover, foreigners who intend to work in Norway must have a work permit. Nordic citizens are exempt from the requirement for work and residence permit. Those who are covered by the EEA Agreement, or EFTA Convention, are given special rules. +47 23 35 15 00. udi.no

POLICE – SOUTH WEST POLICE DISTRICT

+47 51 89 90 00
Lagårdsveien 6, 4010 Stavanger
post.sor-vest@politiet.no
politiet.no

To call the Police use: **02800**
For emergencies call: **112**



DIRECTORATE OF INTEGRATION AND DIVERSITY (INTEGRERINGS- OG MANGFOLDSDIREKTORATET – IMDI)

The Directorate of Integration and Diversity (IMDi) implements the government's integration policy. IMDi is responsible for strengthening the competence of municipalities, public authorities, NGO's and employers in the field of intergration and diversity.

+47 24 16 88 00
post@imdi.no



02 WELCOME TO THE STAVANGER REGION

Spanning the northwest peninsula of Scandinavia, Norway boasts a mesmerising coastline, stunning fjords, and rugged mountains. The Stavanger region, situated in the southwest, is a vibrant and progressive area surrounded by picturesque landscapes. Positioned as a rapidly growing and highly developed industrial cluster, it seamlessly combines modernity with the natural beauty of its surroundings.

NORWAY



POPULATION
5,65 million

CAPITAL
Oslo

AREA
324,220 sq. km.

COASTLINE
21.925 km (mainland: 3.419 km, large islands: 2.413 km, small islands and long fjords: 16.093 km)

NEIGHBOUR COUNTRIES:
Sweden, Denmark, Finland, Russia

GOVERNMENTAL STRUCTURE
Unitary parliamentary democracy and constitutional monarchy

TERRAIN
Mostly high and rugged mountains. Less than 3% is arable land in fertile valleys. Small, scattered plains and a coastline dominated by fjords. Arctic tundra in the north.

CLIMATE
Mild-to-warm summers and dark winters

ELEVATION
The highest peak, Galdhøpiggen, stands at an impressive 2.469 meters (8.100 feet).

NATURAL RESOURCES
Abundant in natural wealth, Norway possesses valuable resources such as petroleum, natural gas, hydropower, iron, copper, zinc, lead, titanium, pyrites, nickel, fish, and timber.

WILDLIFE
The country's lush forests are home to diverse wildlife, with elk and deer being the most prevalent species. Bears, wolves, and lynx, although rare, inhabit less populated areas of the woodlands. The varied climate across the country significantly influences the distribution and types of wildlife found.

LANGUAGES
Two official languages: Norwegian and Sami.

| CLIMATE | Average temperatures | | Daylight |
|-----------|----------------------|------------|--------------|
| | Summer | Winter | |
| OSLO | 16 C/61 F | -4 C/25 F | 19 hrs/6 hrs |
| TROMSØ | 12 C/52 F | -4 C/25 F | 24 hrs/0 hrs |
| STAVANGER | 13 C/55 F | 0.5 C/33 F | 17 hrs/8 hrs |

THE REGION

ROGALAND
Rogaland County is situated on the southwest coast of Norway with Stavanger as its administrative centre. With over 480.000 inhabitants out of Norway's 5,65 million, the population is concentrated in the Stavanger region (Stavanger, Sandnes, Sola and Randaberg municipalities).

Rogaland's primary industries revolve around energy, processing, shipping, and food production, with the Stavanger business region being a hub for the energy sector, contributing to robust business revenues exceeding the national average. The agricultural sector in Rogaland, particularly in the Jæren area, thrives due to favourable climatic conditions, professional expertise, and longstanding traditions. Agriculture is the second-largest industry, following the dominant energy sector.

THE STAVANGER REGION
The Stavanger Region is the country's third-largest city region. With 364.000 residents, the region boasts a robust economy and is the fastest-growing area in Norway. Enjoying a good lifestyle and exciting job opportunities, contribute to its population growth.

Known as «The 20-minute region», it offers accessibility within a short distance and time, connecting residents to work, nature, and amenities. The region hosts many international companies, making it a key player in the energy industry. Stavanger and Sandnes earned the title of European Capital of Culture in 2008, emphasizing the region's cultural significance. Rated as one of the best places to live in Norway, the region welcomes you to experience its unique charm.

Stavanger, the administrative centre of Rogaland County, is a city with a rich history dating back to 1125. Fuelled by the offshore oil industry, it earned the title of Norway's Oil Capital, hosting major companies like Equinor. The city, with



its small-town character and historic wooden houses, has experienced economic fluctuations over the years. The post-World War II era brought prosperity with the growth of the oil industry, transforming Stavanger into a prominent business hub.

HAUGESUND
Haugesund, nestled on the western coast of Rogaland County, embodies a captivating blend of maritime heritage, cultural vibrancy, and natural splendour. With its roots deeply anchored in maritime trade and fishing, the city's historic harbour continues to serve as a bustling hub, while nearby Avaldsnes stands testament to its Viking legacy. Haugesund's cultural scene thrives with events like the renowned Norwegian International Film Festival, attracting visitors from far and wide. Amidst the city's rich tapestry of history and culture, the breathtaking landscape of fjords, mountains, and islands beckons outdoor enthusiasts to explore its hiking trails, pristine beaches, and serene waters. Beyond its natural allure, Haugesund's economy has diversified, cementing its status as a dynamic economic centre. Haugesund epitomizes a harmonious blend of tradition and modernity, making it a captivating destination for residents and visitors alike.

EARLY HISTROY
Norway's early history traces back to around 10.000 BC, with the first signs of human habitation discovered in Rogaland and Finnmark.

VIKING AGE (793–1066 AD): The Viking Age saw more than three centuries of exploration and invasions, culminating in the unification of Norway by Harald Hårfarge around 885. The Vikings' mastery of ship engineering and navigation enabled them to spread across Europe, reaching as far as North America in the year 1000.

UNION WITH DENMARK: In the 14th century, Norway entered a union with Denmark due to a royal marriage. The Black Death killed more than half the Norwegian population and contributed to loss of power. Norway was in a Union with Denmark between 1380 and 1814. All sovereignty was handed over to Denmark in 1536. Norway declared independence as a kingdom with the constitution that was signed at Eidsvoll on the 17th of May 1814.

UNION WITH SWEDEN: The constitution was an attempt to avoid being ceased by Sweden after the defeat of Denmark-Norway in the Napoleonic Wars. The plan failed and in August 1814 the Union between Sweden and Norway was a fact. The union ended in 1905 following a conflict over the question of a separate Norwegian consular service.

NORWEGIAN INDEPENDENCE: During World War II, Norway, despite declaring neutrality, was invaded by Germany in 1940. Liberated in 1945 with Allied support, Norway accepted the Marshall Plan and quickly rebuilt. Norway became a NATO member, and in 1952, the Nordic Council was established. Norwegians rejected European Union membership in 1972 and 1994.

MODERN TIMES: Since the discovery of crude oil on the Norwegian continental shelf in 1969, Norway's prosperity has soared. The Norwegian «Oil Fund» now exceeds NOK 15.000 billion, sustaining the economy. The energy industry remains pivotal, contributing to Norway's technological expertise and global influence.

GEOGRAPHY

Norway, a sparsely populated country, boasts vast areas of untouched nature, making it an ideal destination for outdoor pursuits, sports, and enjoying breathtaking views. As the seventh-largest country in Europe, covering 385.000 square kilometres, Norway shares borders with Sweden, Russia, and Finland. Its long coastline is adorned with approximately 50.000 islands, of which only 2.000 are inhabited. The Norwegian landscape features high rugged mountains, scattered plains, fjord-dominated western coastlines, and Arctic tundra in the north. While the western region is marked by steep mountains, the eastern parts showcase rolling countryside. Notably, 72 percent of Norway is mountainous, leaving only 4 percent of the land cultivated.

CLIMATE

Norway experiences mild to warm summers and dark, cold winters, with four distinct seasons—spring, summer, autumn, and winter. The country's climate is milder than expected for its northern latitude, thanks to a combination of humid westerly winds and the warming influence of the Gulf Stream. Temperature variations can be significant, ranging from minus 20-30 degrees Celsius in winter to plus 30 degrees Celsius in summer. North of the Arctic Circle, the phenomenon of the midnight sun occurs during the summer, while winters are characterised by long nights with limited daylight.

POPULATION AND DEMOGRAPHICS

Norway's ethnic and cultural landscape has undergone a remarkable transformation, fuelled significantly by immigration. Surpassing the 5,5 million mark, the country's population now weaves a rich tapestry of diverse backgrounds. Motivated by various factors, individuals from around the world choose Norway as their home, contributing to the ongoing evolution of the nation's cultural mosaic.

Roughly 63 percent of the Norwegian population identifies with Evangelical Lutheran beliefs, adhering to the teachings of the Church of Norway. However, Norway boasts a rich tapestry of religious diversity beyond the predominant Lutheran affiliation. The community encompasses followers of various faiths, including Buddhism, Islam, Catholicism, Jehovah's Witnesses, Baptists, and Judaism, contributing to a vibrant and pluralistic religious landscape.

Indigenous ethnic minorities, such as the Sami, trace their origins to the northern areas above the Arctic Circle. It is crucial to emphasize that the Sami possess a distinct cultural and linguistic heritage. The largest Sami population resides in Northern Norway.

Source: [ssb.no](https://www.ssb.no)

LANGUAGE

Norway recognizes two official languages: Norwegian and Sami. The Norwegian language comprises two forms, Bokmål, and Nynorsk, which, while having significant overlap in speech, are distinctly separated in writing. Nynorsk is primarily used as a written and spoken language in three regions in South Western Norway. Conversely, Bokmål takes precedence in the rest of the country, used in writing by most of the population. Sami enjoys official recognition as a minority language.

MONARCHY

Norway operates as a constitutional monarchy, with the King acting as the ceremonial head of state and devoid of executive powers. The succession to the throne designates Crown Prince Håkon as the next in line. An amendment to the Constitution ensures that the eldest child, irrespective of gender, will inherit the throne if born after 1990.

DEMOCRACY

Norway stands as a democracy, where the people actively participate in selecting their governing authorities. Through the electoral process, citizens cast their votes to choose representatives for the Storting (Norwegian Parliament), as well as for county and municipal governments.

POLITICAL STRUCTURE

In Norway, a structured democratic system operates across three tiers of government: the national, county, and municipal levels. Elections for each of these entities occur every four years, consistently in the middle of September. The constitutional framework, established on May 17, 1814, delineates the powers and responsibilities of the Norwegian government and safeguards the rights of its citizens. The Norwegian Parliament, known as Stortinget, accommodates numerous political parties. However, no single party has commanded a majority for the past two decades,



fostering a landscape where political differences predominantly align with the right/liberal and left/moderate groups. The outcome of elections often determines the formation of either a right/liberal or left/moderate coalition government. For comprehensive details about the Norwegian Parliament, its members, administration, and the political system, please refer to stortinget.no, government.no and regjeringen.no.

LAWS

Norway's legal system is governed by laws enacted by Stortinget. Breaking the law, even inadvertently, incurs consequences, emphasising the importance of awareness and adherence to uphold the integrity of the legal system.

SOCIAL RIGHTS

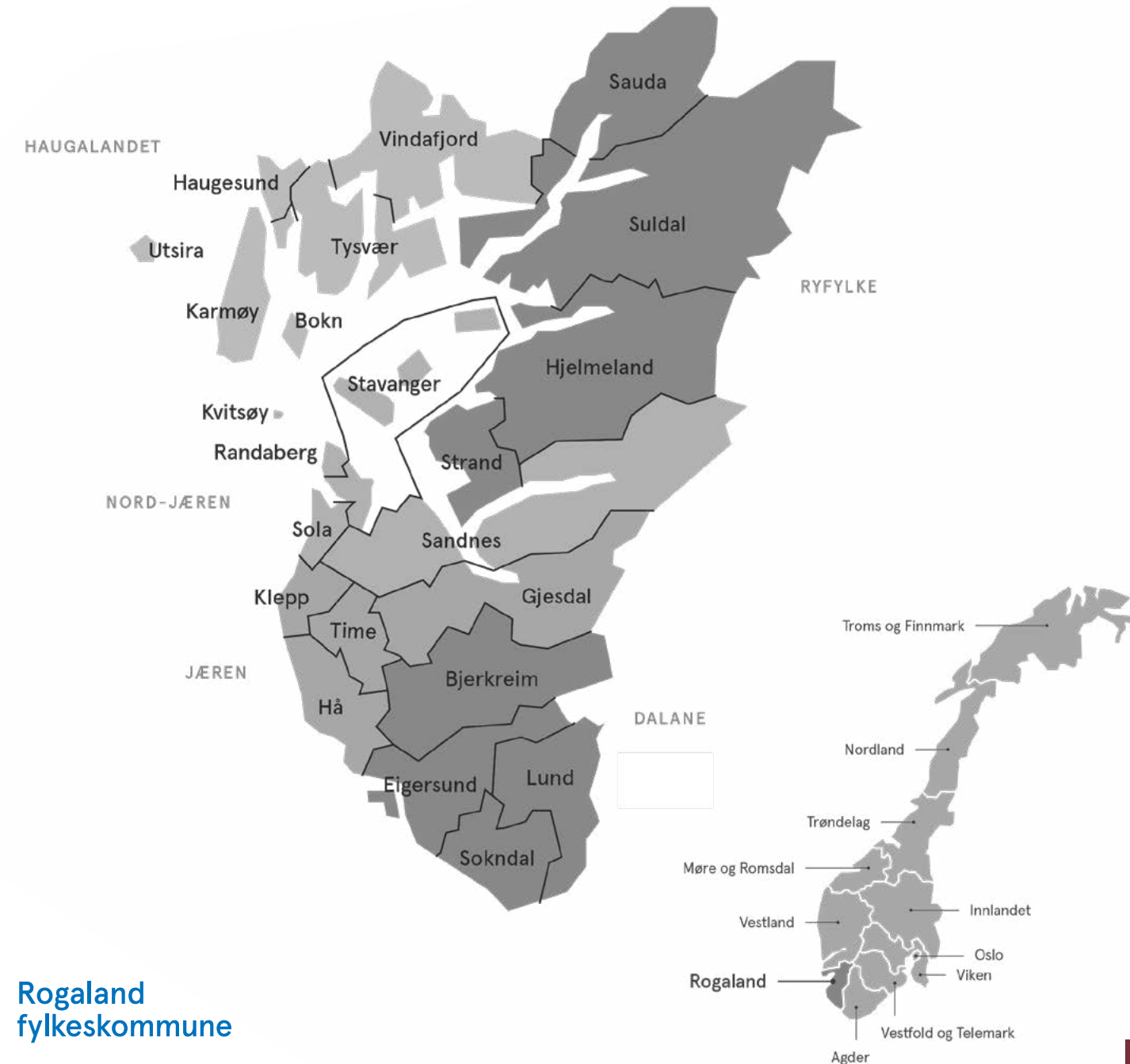
In Norway, individuals enjoy the fundamental rights of freedom of speech and press, allowing them to express opinions within defined boundaries. This encompasses

the ability to critique, and protest perceived wrongs, with independent newspapers, radio, and TV stations facilitating diverse viewpoints.

Religious freedom is upheld, granting individuals the right to practice their chosen faith. The country accommodates various religions and a significant agnostic and atheist demographic.

The Norwegian legal system ensures due process, preventing imprisonment without trial and conviction. Laws against discrimination promote equal treatment, safeguarding individuals based on religion, political views, race, nationality, gender, sexual orientation, skin colour, language, or personal beliefs. The Gender Equality Act reinforces equal opportunities for women and men throughout society. For detailed information on rights and legal processes, visit domstol.no and humanrights.uio.no.

KOMMUNER OG REGIONER I ROGALAND



LIST OF MUNICIPALITIES (KOMMUNER) IN ROGALAND

| | | | |
|---|--|--|---|
| BJERKREIM bjerkreim.kommune.no | HÅ ha.kommune.no | SANDNES sandnes.kommune.no | SULDAL suldal.kommune.no |
| BOKN bokn.kommune.no | KARMØY karmoy.kommune.no | SAUDA sauda.kommune.no | TIME time.kommune.no |
| EIGERSUND eigersund.kommune.no | KLEPP klepp.kommune.no | SOKNDAL sokndal.kommune.no | TYSVÆR tysver.kommune.no |
| GJESDAL gjesdal.kommune.no | KVITSØY kvitsoy.kommune.no | SOLA sola.kommune.no | UTSIRA utsira.kommune.no |
| HAUGESUND haugesund.kommune.no | LUND lund.kommune.no | STAVANGER stavanger.kommune.no | VINDAFJORD vindafjord.kommune.no |
| HJELMELAND hjelmeland.kommune.no | RANDABERG randaberg.kommune.no | STRAND strand.kommune.no | |

CULTURE AND PEOPLE

CULTURE

The rich tapestry of Norwegian culture finds its roots in the legacy of the Vikings, the forefathers of modern-day Norwegians.

The Vikings convened at the «Ting», their regular assembly, where leaders were elected, and disputes were settled through a democratic system of one man, one vote. This historical «Ting» echoes in contemporary Norway through the name of the Norwegian parliament, «Stortinget». This enduring democratic foundation has instilled strong egalitarian values among Norwegians, emphasizing the belief that all individuals are inherently equal.

Following centuries of union with Denmark, Norway achieved independence on May 17, 1814, marking a significant moment that bolstered national pride.

The 17th of May marks the celebration of independence throughout Norway and in any corner of the world with a Norwegian community. This day holds immense significance



for the nation, marked by widespread flag displays across the country. On this occasion, Norwegians wear the traditional Norwegian costume known as «bunad». These unique designs serve as a cultural emblem, traditionally representing the wearer's or their family's specific area of origin. The bunad symbolizes a profound connection to Norwegian identity.

Sporting events are a vibrant showcase of Norwegian pride, with enthusiastic support for skiing, cycling, football, and swimming. Norwegians passionately cheer for their countrymen, creating a colourful and spirited atmosphere. The connection between physical achievements and Norwegian national identity is deeply rooted, likely influenced by the historic success of Norwegian Roald Amundsen, who planted the Norwegian flag on the South Pole in 1911. This achievement has played a pivotal role in shaping the strong link between sporting triumphs and the national identity of Norway.

However, a sense of modesty prevails in Norwegian culture, influenced by the so-called «Law of Jante.» This cultural norm discourages individuals from standing out excessively or highlighting personal skills and achievements. Instead, there is a preference for contributing to the common good and fostering a collective spirit.

This is intricately linked to the societal value of egalitarianism, and the notion that all humans possess equal fundamental worth. This principle is vividly manifested in Norway's prosperous welfare system and notable strides in gender equality.

The significance of nature in Norwegian culture cannot be overstated. Outdoor activities are deemed essential, fostering a deep-rooted connection with nature. A proverbial Norwegian saying, «there is no such thing as bad weather, only bad clothing», underscores the ethos that there are no excuses for shying away from outdoor pursuits.

Modern Norway stands as a globalised and culturally diverse nation, drawing inspiration from various corners of the globe. While fundamental values endure, they now harmonise with contemporary global influences. It is this blend that has consistently propelled Norway to be recognised as one of the «best places to live» by the United Nations.

PEOPLE

Norwegians value equality and social harmony, and this is reflected in their societal structures, policies, and cultural norms. Norwegians are known for their appreciation of outdoor activities and a strong connection to nature, given the country's stunning landscapes. Additionally, they are recognized for their high level of education, technological proficiency, and commitment to sustainability. Cultural attributes such as punctuality, honesty, and a reserved demeanour are also commonly associated with Norwegians.

COFFEE

Indulging in a cup of coffee is a favoured pastime and a significant daily ritual for Norwegians. Whether sipped in the office, at a local café, or shared with a friend, the experience is thoroughly cherished. Norway boasts one of the highest per capita coffee consumptions in Europe.

DRESS CODE

When it comes to clothing, Norwegians often dress casually and functionally. The style is influenced by the climate, with practical and weather-appropriate clothing being the norm. In more formal settings or upscale establishments, people may dress more formally, but overall, there's a relaxed approach to fashion in Norway. Outdoor activities, such as hiking and skiing, also influence the choice of clothing, with a focus on comfortable and weather-resistant attire.

«DUGNAD»

Norwegians have a unique tradition known as «dugnad», reflecting their preference for collective efforts and

community engagement. Dugnad involves people coming together voluntarily to provide a service or perform work in their free time, without expecting monetary compensation. This tradition fosters a sense of community and shared responsibility. Dugnad activities can range from painting and repairing local facilities like kindergartens to spring-cleaning communal areas in apartment buildings. Engaging in dugnad is not only a practical way to contribute to the community's well-being but also a social event that brings people together for a common purpose.

EATING OUT

In Norway, when dining out in a group, individuals usually pay for their own consumption, with splitting bills uncommon unless meals are comparable. Service charges are often included in bills, and tipping is not obligatory. However, rounding up the bill or leaving a small amount as a gesture of appreciation for good service.

GREETINGS AND INTRODUCTIONS

A prevalent greeting in Norway is «hei». When bidding farewell, the phrase «Ha det» or «Ha det bra» is typical, meaning take care. Upon reuniting with friends or family, expressing «takk for sist» is customary, akin to saying, «thank you for last time we met». Handshakes are the most common form of greeting in both professional and social settings. It's customary to shake hands firmly, maintain eye contact, and offer a genuine smile. Norwegians appreciate a straightforward and sincere approach in communication. In more informal situations or among friends, a casual wave or nod may suffice.

LUNCH

Most office buildings have their own staff restaurants/ canteens offering cold and hot meals at subsidised prices, but some people still prefer to bring their own «matpakke» (lunch box), often consisting of homemade sandwiches. The lunch break is normally 30 minutes.



MEAL TIMES

Generally, there are 3 to 4 meals per day. Breakfast is normally eaten early, followed by lunch around 11.00–12.00. Dinner is for many the main hot meal of the day around 17.00–19.00. It is not unusual to have «kveldsmat», which is a snack later in the evening. This is merely a general guide and does not apply to everyone.

MEDIA

Norway stands out for its robust newspaper-reading culture, supported by a comprehensive network of local newspapers covering nearly every region. Prominent national papers, such as Aftenposten, VG, Dagbladet, Finansavisen, and Dagens Næringsliv, are easily accessible online, reflecting the nation's commitment to staying well-informed.

Norway offers a blend of commercial and publicly owned TV channels and radio stations. Homes are equipped with cable, digital, or satellite TV, providing a diverse array of channels, including popular Scandinavian and English news channels such as CNN or BBC. The trend of watching on demand, or streaming movies and shows has become firmly established.

The Norwegian media landscape adheres to stringent regulations, particularly regarding advertising for tobacco, alcohol, and sugary products aimed at children.

NUTRITION

Norwegians maintain a diverse and healthy diet, emphasizing fish, vegetables, fruit, dairy, and whole grains. The reliance on seasonal produce has decreased due to imported foods. The Norwegian government actively promotes healthy eating, with initiatives supporting fruit, vegetable, and whole grain consumption, alongside efforts to reduce salt intake and encourage physical activity. Rigorous regulations ensure food safety and proper labeling, particularly for products containing genetically modified organisms (GMOs). Norway's dedication to environmental sustainability fosters a growing awareness, making locally sourced and organic foods increasingly popular.

PETS

Cats and dogs are cherished as popular pets in Norway, often regarded as integral members of the family. Responsible pet ownership is emphasized, including the obligation to clean up after dogs in public spaces. Additionally, there is a legal requirement to leash dogs between April 1 and August 20 to safeguard vulnerable livestock and wildlife. Municipalities can implement stricter rules, and Stavanger has extended leash regulations, with year-round requirements in the city centre, various parks and recreational areas.

CABIN CULTURE

Norway is home to around 484.000 cabins, cottages, and holiday homes reflecting the strong outdoor culture and long-standing tradition of spending leisure time in nature. Cabins are often situated in picturesque landscapes, surrounded by mountains, forests, lakes and fjords. The vacation homes range from simple, off-the-grid structures without electricity and plumbing to more luxurious and well-equipped establishments.

PUNCTUALITY

Norwegians tend to be punctual. Arriving late for meetings or appointments would be considered disrespectful. Notify those you are meeting if you are going to be late.

SHOES

It is common practice to remove your shoes when entering someone's home in Norway. Wearing outdoor shoes indoors



creates a lot of dirt, especially during the wet and snowy seasons. It's fine to take a pair of shoes to change into.

SOCIAL LIFE

Socializing at home holds a traditional charm for Norwegians, whether it's a prelude to a night out or a cozy gathering. It's considered courteous to respond to invitations and strive to be punctual. When invited to a dinner party a small gift for the host or hostess, such as chocolates or flowers, is customary. While unannounced visits are acceptable among close friends, it's generally preferred to plan visits in advance.

TITLES

Norwegians embrace informality and typically dispense with titles when addressing each other. In business settings, it's common to use first names, extending this casual approach even to company directors. Similarly, children typically address adults and teachers by their first names, contributing to the overall culture of openness and equality in Norwegian interactions. The Norwegian culture places a strong emphasis on social equality, and using elaborate titles may be seen as counter to this cultural norm.

DIVERSITY, EQUITY AND INCLUSION

Norway is often hailed as one of the most gender-equal countries globally. Strides have been made in education, the labour market, and political spheres, with ongoing efforts to address



and improve gender equality in various aspects of Norwegian society. The nation is committed to fostering Diversity, Equity, and Inclusion (DEI), reflecting a broader dedication to creating an inclusive and equitable environment for all.

LGBTQ+

Norway is recognized for its progressive stance on LGBTQ rights. The country has implemented extensive legal protections and anti-discrimination laws for the LGBTQ community. Same-sex marriage has been legal since 2009, granting equal rights and benefits to same-sex couples. Additionally, LGBTQ individuals can openly serve in the military, and adoption rights are extended to same-sex couples. Norway consistently ranks high in global indexes measuring LGBTQ rights and inclusivity, reflecting a society that values diversity and equality. The vibrant LGBTQ community in Norway is supported by various organizations, events, and initiatives promoting inclusivity and awareness.

WINE MONOPOLY AND THE DRINKING CULTURE

The Norwegian government regulates alcohol consumption through taxes and limited access, resulting in higher prices compared to most other countries. Supermarkets can sell beer until 20:00 on weekdays and 18:00 on Saturdays, while wine and spirits are exclusively available at the state-owned «Vinmonopolet» (The Wine Monopoly) for beverages over 4,75 percent alcohol content.

Key details:

- The legal drinking age in Norway is 18 for the purchase of alcoholic beverages with an alcohol content lower than 22%. For beverages with higher alcohol content, the legal age is 20.
- Proof of age may be required.
- Vinmonopolet staff are well-trained to provide product advice.
- Opening hours vary but generally follow Monday–Friday 10:00–18:00 and Saturday 10:00–16:00. Closed on public holidays and New Year’s day.

Norway has a drinking culture that is influenced by a combination of social norms, legal regulations, and cultural attitudes. Certain cultural events and celebrations may include traditional drinks, such as aquavit at Christmas. It’s important to note that while alcohol is a part of socializing in Norway, individuals vary in their attitudes toward drinking, and some may choose not to consume alcohol at all. Additionally, the drinking culture can differ between urban and rural areas and among different age groups.

WINTER KNOWLEDGE

SALT

Ice on staircases, pathways, or pavements can lead to unpleasant surprises. The simplest solution to clear ice is using salt. Ice forms when water temperature reaches 0 degrees Celsius (32 degrees Fahrenheit). Sprinkling salt on the ice causes it to melt as the salt dissolves into the liquid water within the ice, lowering its freezing point.

TRACTION

Age and fragility are not prerequisites for appreciating extra traction for your feet! There are various designs of snow and ice traction cleats, including stainless-steel crampons. You can opt for metal spikes for snowy conditions or sandpaper traction for days with icy patches. There are even specialized traction cleats designed for running. Most shoe shops and shoe repair stores offer a selection of traction cleats and crampons. This is an affordable investment in your health and safety, enabling you to walk around with ease and without tension.

SHOVELLING SNOW

In Norway, property owners or occupants are generally responsible for shovelling snow outside their houses or dwellings, including clearing sidewalks and paths adjacent to their properties. Municipalities may have specific regulations in place, and it’s advisable to check with the local authorities for any guidelines regarding snow removal. Timely and thorough snow removal is not only a matter of personal responsibility but also contributes to public safety by preventing slips and falls. Additionally, the use of salt or sand on icy surfaces is common to enhance traction.

REFLECTIVE CLOTHING

In Norway, using reflective clothing in winter is essential for safety, given the extended periods of darkness and challenging visibility conditions. The country’s emphasis on safety during winter extends to pedestrians, cyclists, and those engaged in outdoor activities. Reflective clothing, including jackets, vests, and accessories,



enhances visibility and reduces the risk of accidents, particularly in areas with limited lighting. This practice is crucial for individuals commuting to work or school, participating in winter sports, and those working outdoors. Reflective elements are often integrated into clothing and accessories, contributing to the country’s commitment to ensuring the well-being of its residents during the dark winter months.

WINTER TYRES

By November 1st, summer tires must be replaced. You can choose between winter tires and studded tires, but both must meet safety standards, with a minimum tread depth of 3 mm. Studded tires excel in braking on snow and ice but come with drawbacks such as noise and higher fuel consumption. In this region, 91% prefer regular winter tires for a quieter ride and increased comfort on clear asphalt. They contribute to lower friction eliminating the need for a specific date to switch back to summer tires. In Norway, set dates dictate the switch from studded to summer tires, and cars must use summer tires from the first Monday after Easter until October 31, unless winter conditions persist.

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PRACTICAL INFORMATION

THE COUNTY GOVERNOR OF ROGALAND (STATSFORVALTEREN)

Responsible for handling applications for separation or divorce, appeals for building permits and environmental issues. The County Governor is the chief representative of the national government's affairs and responsible for the implementation of its policies in the county.

statsforvalteren.no

MUNICIPALITIES (KOMMUNE)

The municipalities are responsible for a variety of services. For a complete overview, please check your municipality's web site. Here is a list of most common:

- Kindergartens and childcare
- Emergency preparedness and civil protection
- Housing, construction and land use
- Public Health
- Culture and recreation
- Environmental matters
- Business and development
- Parks, sports and recreation
- Nursing and care units
- Schools and Education
- Social Services
- Scholarships and grants
- Water, drain and waste disposal
- Roads and transportation

REFUSE AND RECYCLING

- Waste bins, four for each household, one for recyclable paper and cardboard, one for organic waste, one for refuse to be incinerated and one for glass and metal. Book pick up for glass, garden waste and large items.
- Deposit stations at various locations across the city for apartments and some inner-city areas.
- Red bin for waste that may be hazardous if discarded

such as paints and oils, lead-acid batteries, medicines, and products with hazardous labels. Book pick up when full.

- IVAR Recycling stations at which you may discard appliances and electronic equipment, bicycles, car parts, furniture and metal.
- Check your local municipality's collection calendar.

To book pick-up hentavfall.no

To check how to recycle correctly sortere.no

BANKS AND BANK CARDS

For foreign nationals moving to Norway, opening a bank account is a straightforward process, but typically a D-number or National identity number (fødselsnummer) is required. It could take a few weeks to receive your D number. Also, the bank requires identification documents such as a valid passport and proof of address. Some Norwegian banks may have specific requirements for non-residents, so it's advisable to check with the chosen bank. Many banks offer online account opening options, allowing individuals to initiate the process remotely. Non-residents should be aware of any fees associated with different account types and banking services. Additionally, understanding the bank's policy on non-resident account holders is crucial. While many Norwegians speak English, confirming whether the bank provides services and documents in English can be helpful. To receive your salary, you need to open a Norwegian bank account. Norwegian banks provide various services, including online and mobile banking, credit and debit cards, loans, and investments.

When opening an account, be sure to ask for its International Bank Account Number (IBAN) and the bank branch's Bank Identifier Code (BIC-code or also called

SWIFT-code) which will ease and speed any international transfers made from or to the account.

It is more common to use bankcards than cash in Norway. Cheques do not exist. Additionally, the popular mobile payment app Vipps, widely used in Norway, enables convenient transactions, splitting bills, and making payments using just a mobile phone number.

POSTAL SERVICE

Selected grocery stores collaborate with the country's postal service, Posten Norge, to offer postal services through the «Post i Butikk» (Post in Store) program. This initiative allows customers to access basic postal services, such as sending and receiving mail and packages, purchasing postage stamps, and more, conveniently within the grocery store. The integration of postal services into grocery stores aims to enhance accessibility for customers, providing a one-stop solution for both grocery shopping and basic postal transactions.

Personal letterboxes at your residence are only for receiving post. Outgoing post must be deposited at the post office or in the post boxes located around town. Reduce junk mail by applying an 'ingen reklame' (no advertisement) sticker, easily obtained from your local postal service. For details of services download APP Posten or see posten.no

WATER

In apartments, the monthly service charge typically covers water supply and sewage expenses. For those residing in houses, the municipality provides water and sewage services, with associated charges typically included in municipal service bills, which encompass refuse collection as well.

CAR

In Norway, automobile liability insurance is mandatory, covering liability to individuals and property damage up to a specified limit, with the driver included in this coverage. While other types of insurance, such as personal accident, theft of personal belongings, or collision, are not legally required, traffic (or third-party liability) insurance is a prerequisite for using a vehicle in Norway and must be obtained before customs approval.

Vehicles arriving from outside Europe typically lack this insurance, and a 30-day coverage can be purchased at a customs office in such cases. For vehicles arriving from European countries, a green card serves as proof of insurance, but its validity may be limited after taking up residence in Norway. It is advisable to secure a Green Card insurance valid for at least two months during the importation process. If your current Green Card insurance expires, acquiring Norway traffic (third-party liability) coverage becomes mandatory.

Once a foreign car is imported and registered with Norwegian plates, it can be insured by a Norwegian insurance company.

DRIVERS LICENSE

Everyone coming to Norway to live can use their driver's license for a 3 month period. After 3 months it is important to be aware of the different rules that apply:

EU/EEA and UK:

You are allowed to drive in Norway with a valid license. Alternatively, you can exchange your license for a Norwegian one by submitting your current license and you'll receive the Norwegian license by mail without having to take the practical or theory test. If you acquired an EU/

EEA driving license by exchanging a license from a non-EU/EEA country, the regulations of the original issuing country usually apply, and you can use it in Norway for up to three months.

Japan: May exchange within one year of arrival to Norwegian licence without having to take any practical or theory tests. Need approved translation of Japanese document to be delivered when applying.

Australia, Canada, Israel, Monaco, New Zealand, San Marino, South-Korea and USA need to sit a theory test (unlimited attempts) as well as a practical driving test (2 attempts). You have a two year period to obtain your license.

If you have a full driving licence from a non-EU/EEA country that is not on the list above, you have to obtain your driving licence in the same manner as a first-time applicant. You are exempt from some parts of the basic traffic course, but you do have to complete the compulsory night driving instruction, first aid and behaviour in the event of an accident. For more information vegvesen.no

AUTOMOBILE ASSOCIATIONS

In addition to the two major automobile associations in Norway, there are a number of rescue services as well. Google «automobil forbund, Rogaland»

Alternatively contact:
NAF (Norges Automobil Forbund) naf.no
Falck Redning falck.no
Viking Redningstjeneste vikingredning.no

CAR REGISTRATION

When purchasing a new or used car from a dealership, the registration process is typically handled by the dealer on your behalf. However, if you import a car, you are responsible for completing the registration after the necessary importation formalities have been fulfilled. To initiate the registration, you should bring the duly completed and approved import forms, evidence of your National Identity Number, valid liability insurance proof, along with the car and its previous registration documents to any authorized vehicle station. toll.no

The registration of your imported car includes a thorough inspection to verify compliance with EU standards, emission requirements, and adherence to Norwegian motor vehicle regulations, which are largely aligned with EEA (EU and EFTA) vehicle regulations. Subsequently, after successful registration, your car will be subjected to periodic inspections for both roadworthiness and emissions. This inspection, commonly referred to as 'EU Inspection' (EU-kontroll), is conducted in accordance with EU directives and can be performed at any accredited garage or authorized test station.

The scheduling of these inspections is determined by the last digit of your car's number plate, indicating the year and month for the mandatory inspection. If the number is odd, the inspection occurs in odd-numbered years. vegvesen.no

TOLL ROADS

The Stavanger region, like many other regions in Norway, has toll roads as part of its transportation infrastructure. Toll roads are commonly used to fund the maintenance and improvement of transportation infrastructure, including roads and bridges.

AUTOPASS

The AutoPASS electronic toll collection system, which allows drivers to pass through toll points without stopping. The toll amount is automatically deducted from a prepaid account associated with the vehicle's license plate. Cars with foreign registrations will be charged and invoice sent to home address. flytpass.no

TV AND STREAMING

Many networks are available through cable and streaming

- Norsk Rikskringkasting, nrk.no: public broadcaster through television, radio, the internet, and podcasts.
- NRK Rogaland, nrk.no/rogaland: local

INTERNET PROVIDERS

lyse.no
telenor.no
telia.no
nextgentel.no

MEDIA

Norwegians love their news! It ranks as one of the top newspaper-reading countries in the world.

National newspapers include:

- Aftenposten aftenposten.no
- Dagbladet dagbladet.no
- VG vg.no
- Nettavisen nettavisen.no

Financial and technical newspapers include:

- Dagens Næringsliv dn.no
- Finansavisen finansavisen.no
- Teknisk Ukeblad (technical magazine) tu.no

Local newspapers in Rogaland include (alphabetically by town/area):

- Egersund, Dalane Tidende dalane-tidende.no
- Haugesund, Haugesunds Avis h-avis.no
- Rogaland, Stavanger Aftenblad aftenbladet.no
- Ryfylke/Tau, Strandbuen strandbuen.no

IDENTIFICATION

In Norway, individuals commonly show identification using a Norwegian passport, driving license, or Bank ID for various purposes. While there is no legal requirement to carry ID at all times, it is practical to have a valid form available, especially in situations such as age verification, accessing public services, or engaging in official transactions. Non-citizens may use a residence permit card. Law enforcement officers carry official police identification, and citizens may be required to show ID to authorities or service providers when requested.

LIVING EXPENCES

Living expenses in Norway are notably high, reflecting the country's strong economy and high standard of living. Housing costs, whether for renting or buying, are substantial, especially in urban centres. Additionally, groceries and dining out can be expensive due to the high quality of local products and imported goods. Transportation costs, including public transport and owning a car, add to the overall expenses. Utilities such as electricity and heating are also significant, particularly during colder months. Despite these high costs, Norway offers excellent public services, healthcare, education, and social benefits, contributing to the country's renowned quality of life.

OLAVS

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With years of experience, we assist expats in obtaining a Norwegian driver's license, providing training for both manual and automatic transmission.

☎ 51 66 00 10

✉ post@olavs.no

🌐 olavs.no





INSURANCE

In Norway, residents have access to both Public and Private Insurance Schemes. Norway's National Insurance Scheme (Folketrygden) encompasses a comprehensive set of social security benefits. It covers health services, sickness benefits for illness or injury, parental benefits for maternity and paternity leave, disability benefits, unemployment benefits,

and old-age pensions. Additionally, the scheme provides survivor's benefits, attendance allowance for long-term care needs, and child benefits to support families. Financed through employer and employee contributions, government funding, and other sources, the scheme reflects Norway's commitment to ensuring financial security and assistance across various life situations.

MUST-HAVE APPS

Whether you are an iOS or an Android person, apps make everyday life in Norway easier. Here are the ones you should download.

VY

This app is for planning, buying, and showing tickets on all trains/buses across the country.

YR

This is a free weather forecast with the highest accuracy for the Norwegian weather.

NRK + NRK TV

Almost all the major news websites and streaming services come with a paywall. The state funded NRK is free for all and a good tool for both entertainment and keeping up with the news.

VIPPS

Vipps is the leading mobile payment solution in Norway, offering a seamless experience for purchasing goods and services.

MATTILBUD

If you are a fan of good deals on groceries, this is the app to download. It gathers all the supermarket offers for your local area and is updated weekly.

FINN

This app is Norway's online marketplace, which is used for everything from real estate listings to job vacancies. There's also a substantial secondhand marketplace.

DIGIPOST

This digital mailbox is operated by the Norwegian postal service. Upon creating an account, essential correspondence is directed to the app instead of traditional mail. Additionally, you have the option to set up SMS

notifications for new mail, eliminating the need for constant manual checking of the app.

ALLTRAILS

Explore Norway – view hand-curated trail maps and driving directions as well as detailed reviews and photos from hikers, campers and nature lovers like you.

HJELP 113

The Help 113-app is a useful tool in acute situations with stress and limited overview. The app consolidates all emergency numbers in one place, allowing you to easily call the appropriate emergency service.

HELSE NORGE

For all health related matters, such as appointments, referrals, journals etc.

BankID

BankID is a personal and simple electronic identification for secure authentication and signing online.

POSTEN

Keep track of your shipments. With the Posten app, you can see when and where packages can be picked up, open package box, send a package, and have the option to order home delivery.

TAXIFIX

With Taxifix, you get easy access to taxis. Choose your favorite company and swipe to order!

KOLUMBUS TRAVEL

With the Kolumbus app, you can plan your journey from A to B and also track the current location of the bus.

KOLUMBUS TICKETS

With the Kolumbus Billett app, you can purchase your ticket using your smartphone.

03 WORK IN THE STAVANGER REGION

In Norway, it is customary for all adults to engage in work as part of their daily lives. Many individuals view work as integral to their sense of identity and personal growth. The Norwegian workforce stands out as one of the most highly educated in Europe. The combination of favourable working conditions and a healthy work-life balance contributes to overall job satisfaction among employees.

FIND A JOB

The majority of vacancies in Norway are listed on the Internet.

- Most available positions are listed on [finn.no](https://www.finn.no)
- Arbeidsplassen.no provides a platform for job exploration, CV uploading, and tracking ongoing job searches. Please be aware that the service is exclusively available in Norwegian. Furthermore, *arbeidsplassen.no* offers the most comprehensive and regularly updated compilation of available positions in Norway, ensuring you stay informed about job opportunities. [arbeidsplassen.nav.no](https://www.arbeidsplassen.nav.no)
- How to look for work, rights and obligations as an [karriereveiledning.no](https://www.karriereveiledning.no)
- You can also search for jobs in Norway and throughout Europe here eures.europa.eu
- Numerous Norwegian companies maintain their own websites, where they promote job openings that may not be advertised elsewhere. Exploring these individual company websites can be a valuable strategy to discover unique employment opportunities in Norway.

RECRUITMENT AGENCIES

Job seekers have the option to register with recruitment agencies that often specialize in specific industries and professions. Google recruitment agencies.

WORKING CONDITIONS

WORKING HOURS

As an employee in Norway, you have the right to know when and how much you will work. Ordinary working hours are also regulated, ensuring that you do not work too much and when you are entitled to overtime remuneration.

As a rule, normal working hours in Norway are:

- 9 hours within 24 hours (normal workday)
- 40 hours in 7 days (normal work week)

If there are any exceptions, they are typically specified in your employment contract. A standard collective agreement in Norway, for example, typically prescribes a 37.5-hour workweek. This agreement is negotiated between an employer or employers' organization and a labour union or employee representative. It comprehensively defines the terms and conditions of employment, covering aspects such as wages, working hours, benefits, and other employment-related matters for the employees included in the agreement. Read more about working hours here: [arbeidstilsynet.no](https://www.arbeidstilsynet.no)

BREAKS

An employee is entitled to at least one break if the daily working hours exceed five and a half hours. If an employee is required to stay at the workplace during the lunch break or if there is no suitable break room available, the break is to be considered part of the working hours. Read more about breaks here: [arbeidstilsynet.no](https://www.arbeidstilsynet.no)

OVERTIME

Overtime is work in excess of the limits for ordinary working hours. Employees are entitled to additional pay for overtime work. Overtime cannot be a regular arrangement, and the employer can only use overtime in special situations. Read more about your working conditions here: [arbeidstilsynet.no](https://www.arbeidstilsynet.no)

SELF EMPLOYMENT

If you are not a citizen of an EU/EEA country, and are planning to run a business in Norway, you need to have a residence permit that will allow you to work here. You can find information about the terms and requirements for resident permit on the Norwegian Directorate of Immigration's (UDI) website [udi.no](https://www.udi.no)

Read more about starting business here [info.altinn.no](https://www.info.altinn.no)

In Rogaland, Skape serves as a hub for information, competence, and guidance for new businesses. Targeting potential startups and established businesses, Skape offers advice and assistance to ensure independence and a deep understanding of day-to-day operations. Visit [skape.no](https://www.skape.no) for more details.

Altinn is another resource providing useful information, simplifying the process of establishing and running businesses in Norway. It addresses questions related to startup information, labor market trends, financing, investments, taxation, import and export, customs duties, standardization, and patents. Explore more at [altinn.no](https://www.altinn.no).

ENTREPRENEURIAL CLUSTERS IN STAVANGER: If you have a business idea, regional startup organizations can provide office space, training, seminars, courses, pitch practice sessions, coaching, support, accelerator programs, networking platforms, financing, and assistance in developing business plans.

Check out the following:

- Innovation Dock: [innovationdock.no](https://www.innovationdock.no)
- Innovation Norway: [innovasjon Norge.no](https://www.innovasjon Norge.no)
- Creator Maker Space: [creator.no](https://www.creator.no)
- Skape: [skape.no](https://www.skape.no)
- Ipark Tech Start-Up Accelerator (ITSA): [thehub.io](https://www.thehub.io)
- Valide: [valide.no](https://www.valide.no)
- Start UiS: [startuis.no](https://www.startuis.no)

TAX

If you're coming to Norway to work for a Norwegian employer, it's essential to pay tax on all your earnings. Upon arrival, register at the tax office to obtain an online deduction card. Use either a D-number or national identity number each time you work in Norway. Most foreign workers who are new in Norway will automatically become part of a voluntary tax scheme called PAYE (Pay As You Earn) when they apply for a tax deduction card. Under this scheme, you're taxed at a fixed percentage that your employer deducts from your salary.

The online tax deduction card indicates the amount your employer must deduct before paying your wages. To calculate the correct deduction, the local tax assessment office requires information on your expected earnings in Norway and the duration of your stay. To apply for an online tax deduction card, present a valid passport, residence or work permit, your employment contract with the Norwegian employer, and your Norwegian D-number or national identity number. Your employer will automatically access the information.



HOW TO CHECK YOUR TAX RETURN

1. CHECK THE INFORMATION

Every month, your employer will send you documentation of the salary you have been paid and how much tax has been deducted. Each January, your employer will also send you an annual statement showing your salary payments and tax deductions for the previous year. When you receive your tax return, you must check the information against this documentation.

2. CHECK WHETHER YOU ARE ENTITLED TO A DEDUCTION

You may be entitled to make deductions for various expenses from your taxable income. These are referred to as 'deductions',

and you must add these to your tax return yourself.

3. FILL IN ANY ADDITIONAL INFORMATION

If you are a foreign employee and have worked for a foreign company in Norway or have worked for a Norwegian or foreign company on the Norwegian continental shelf, you should complete the «additional information for foreigners» section of the tax return. This is important in order that you receive a correct tax statement.

4. CHECK THAT YOUR ADDRESS IS CORRECT

Always make sure your address is correct.

ASSISTANCE

skatteetaten.no or call +47 800 80 000 (For all of Norway) or +47 22 07 70 00 from abroad.

TAX RETURN (SELVANGIVELSE)

Between March and April, individuals working in Norway or on the Norwegian continental shelf can anticipate receiving a tax return from the Norwegian Tax Administration. This document offers a detailed overview of your income, deductions, assets, and debts for the preceding income year. It is essential to meticulously review the information in the tax return to verify its accuracy and completeness. If no modifications are required, there is no obligation to submit it. It will be considered submitted with pre-completed information on 30 April. However, if changes are necessary, the deadline for making adjustments and submitting the tax return is 30 April.

HOW TO SUBMIT YOUR TAX RETURN

There is no need to act if there is no change to any of the information on your tax return. The Norwegian Tax Administration will assume that you have checked the information and that it is correct.

You must tell the Norwegian Tax Administration that you are moving in cases where you intend to stay abroad for at least six months. You must report the move no more than 14 days before your departure. Reporting a move abroad does not mean that your liability to pay tax in Norway ends.

For more information go to skatteetaten.no

WHAT HAPPENS IF YOU HAVE PAID TOO MUCH OR TOO LITTLE TAX?

After you have submitted your tax return, the Norwegian Tax Administration will process the information in it and prepare a tax statement. The tax statement will indicate whether you have paid too much or too little tax. You will be refunded any excess amount if you have paid too much tax. You must pay any amount that you owe if you have paid too little tax.

PAYSLIP

In Norway, the standard practice is to arrange for monthly wage payments directly into your account. Subsequent to the payment or in close proximity, your employer is obligated to provide you with a pay slip (lønnsslipp).

This document comprehensively outlines your gross salary, tax deductions, and any other applicable deductions. It also specifies your net pay after taxes and details the calculation method for holiday pay. In the event that you do not receive a payslip, it is essential to promptly request one from your employer.



UNIONS

Trade Unions play a significant role in Norway's economic history and development. Today, they serve as valuable sources of information. Unions in your home country may have established connections with their counterparts in Norway. While joining a trade union in Norway is not compulsory, it is widespread and commonly practiced.

CONFEDERATION OF VOCATIONAL UNIONS (YRKESORGANISASJONENES FELLESFORBUND)

A politically independent umbrella organization for employees. It consists of 21 trade unions. ys.no

NORWEGIAN CONFEDERATION OF TRADE UNIONS

The largest confederation of trade unions providing an overview of the various trade unions in Norway, depending on what sector you work in. lo.no

UNION CONFEDERATION FOR PROFESSIONALS (AKADEMIKERNE)

Organizations for Graduate Staff. akademikerne.no

TEKNA – THE NORWEGIAN SOCIETY OF CHARTERED SCIENTIFIC AND ACADEMIC PROFESSIONALS

Norway's largest society of professionals caters to individuals with a master's degree or equivalent in science or technology. Membership eligibility is determined by qualifications rather than specific workplace or job roles. tekna.no

NITO

The Norwegian Society of Engineers and Technologists is the largest union for engineers and technologists in Norway with approximately 60.000 members. nito.no

NHO CONFEDERATION OF NORWEGIAN ENTERPRISE (NÆRINGSLIVETS HOVEDORGANISASJON)

NHO is the main representative body for Norwegian employers with a current membership of over 18.500 companies ranging from small family-owned businesses to multinational companies. nho.no

BANKS AND BankID

When moving to Norway, most people opt to open a Norwegian bank account, a procedure that usually takes around 4 weeks, as you must have your national identity number or D-number. It is advisable to ensure you possess a bank card that is operational in Norway to facilitate seamless financial transactions during this interim period.

VALID PASSPORT/ID

If you have a valid passport, you must prove your identity at a local bank office after you have sent them your application to become a customer online. In addition, they need

- an Asylum seeker certificate or residence permit
- D-number

OBTAIN A BankID

BankID is a personal electronic identification system in Norway, that is used for identification and signing. The service is provided by the banks in Norway.

If you already have BankID from another Norwegian bank and you're over 18 years old, you can quickly move your customer account to a bank online.

Some of the banks are listed here:

Den Norske Bank

dnb.no

Sparebank 1 Sør-Norge

sparebank1.no

Nordea

nordea.no



HOLIDAY

The general rule in Norway stipulates that all employees have the right to annual leave (ferie) and corresponding holiday pay (feriepenger). The entitlement is 4 weeks and 1 day, however many people have 5 weeks of vacation per year through collective agreements.

Employees possess both the right and obligation to utilize their entire holiday entitlement, and it is the employer's responsibility to ensure that the employee takes the full holiday. The timing of the holiday cannot be freely chosen, and if there are specific plans, employees must seek the employer's permission at least two months prior to the holiday.

In cases where an agreement cannot be reached, the employer holds the final decision. However, employees can request a continuous three-week holiday during the primary holiday period, spanning from June 1st to September 30th. Holiday pay replaces the regular salary and constitutes a minimum of 10.2% of the gross salary. This pay is earned in the year preceding its disbursement (the holiday year) and must be paid when the employee takes a holiday the following year or when their employment with the company concludes. For individuals aged 60 and above, the rate increases to 12.5% of the gross salary, and an additional week of holiday is granted.

info.altinn.no

PENSION

In Norway, most employers in the private sector must set aside funds to establish a pension scheme for their employees. This is called the mandatory occupational pension scheme (OTP).

Your employer must save at least 2 percent of your salary for your pension. To be entitled to OTP, you must be a member of the National Insurance Scheme: nav.no

If you have an electronic ID (for example MinID or BankID), you can check which pension agreement you have here: norskpensjon.no



TERMINATION OF EMPLOYMENT

UNDERSTANDING THE PROCESS AND YOUR RIGHTS

If an employer decides to terminate your employment, there must be a justifiable reason for this action. The termination notice (oppsigelse) must be provided in writing.

During the notice period, which is generally one month unless otherwise specified in your employment contract, you have the right to continue working and receive payment. The notice period begins from the 1st of the month following the issuance of the notice.

In instances of a severe breach of your employment contract, the employer can opt for dismissal (avskjed). This results in the immediate termination of the employment contract, and you are required to cease working at once. arbeidstilsynet.no

If you have lost your job or put on furlough, you may be entitled to unemployment benefits from NAV. Read more about it here: nav.no



04 LIVING IN THE STAVANGER REGION

Living in the Stavanger region offers not only natural beauty and cultural richness but also a well-developed health system and excellent educational opportunities. With a welcoming atmosphere and a strong sense of community, living in the region offers a balanced and fulfilling lifestyle for residents of all ages.

EDUCATION AND CHILDCARE

The importance of education can be seen in the implementation of the Education Act in 1739. Today Norway provides 10 years of compulsory education and three years of optional secondary education for all. Secondary schools offer internationally recognized education programmes, and the Stavanger region offers world leading research institutions and an international university.

Norwegian children commence compulsory schooling at age 6, mandated by a ten-year attendance requirement. Years 1 to 7 constitute primary school (barneskolen), while years 8 to 10 comprise lower secondary school (ungdomsskolen). The subsequent three years in upper secondary school (videregående skole) are optional. To celebrate the end of upper secondary school the students become RUSS.

RUSS

In Norway, the term «Russ» refers to high school graduates engaging in a vibrant and unique celebration known as Russ. This tradition unfolds in the weeks leading up to national exams, marked by participants donning colourful overalls and caps to signify their graduation status. The Russ celebration exudes a lively and festive atmosphere, featuring a series of events, parties, and challenges. Groups of Russ may rent buses, creatively decorating them to serve as mobile party venues during the festivities. The colour of the overalls indicates the graduates' academic focus.

Education at the primary and secondary levels is universally provided by national, regional, or local governments, adhering to the national curriculum from the Norwegian Ministry of Education and Research. The upper secondary level offers pathways to either a vocational diploma or a higher education entrance qualification, with specialized schools focusing on music, drama, sports, etc. Distinctly, Norwegian schools do not enforce a uniform policy for children.

FUNDING

Municipalities own and fund primary and lower secondary schools, while upper secondary schools are under the ownership and funding of county administrations (fylkeskommuner). Primary and lower secondary schools offer textbooks, notebooks, and essential supplies at no cost, while upper secondary students are responsible for purchasing their required materials.

Higher education institutions in Norway, except for private universities, do not impose tuition fees for Norwegian citizens, only minimal administration charges each semester, covered by the Ministry of Education and Research. Despite this, many students opt for loans or grants through the public Lånekassen (State Educational Loan Fund) to manage living expenses. Free tuition also applies to students who are citizens of EU/EEA or Switzerland.

Support from Lånekassen is typically granted to Norwegian citizens, but foreign citizens with legal residence in Norway may also be eligible for financial assistance during upper secondary, college, and university education.

Visit lanekassen.no for more information, available in English as well.

For more information about the education system read: udir.no

OUTSIDE SCHOOL HOURS

Municipalities must provide afterschool activities (SFO) for children in grades 1 to 4, with an extension for those with special needs up to grade 7. SFO offers subsidized play and cultural activities before and after school, requiring a fee from parents (no fee in first grade). Operating hours vary but are generally from 07:30 to 16:30.

WE ARE ISS VIKINGS



INTERNATIONAL SCHOOL
OF STAVANGER

INTERNATIONALLY ACCREDITED SCHOOL
FOR CHILDREN AGED 2-18 THROUGH TO
IB DIPLOMA, BASED IN A SPACIOUS, WELL-
EQUIPPED CAMPUS IN STAVANGER.

www.isstavanger.no



We understand that learning is a deeply human activity, nurtured by emotional connections, social interaction and mutual support and which thrives in rich and relevant contexts. At ISS, we believe that learning is a process of growing, deepening and transferring conceptual understanding, competencies and character in lasting, impactful ways. Our ISS vikings work together to explore increasingly complex problems, develop individual mastery and build lasting memories.

INSPIRE · ENGAGE · EMPOWER



SPORTS AND EXTRACURRICULAR ACTIVITIES

Publicly funded schools have limited sports offerings, while diverse extracurricular activities are popular outside the school system. Local sports clubs and the Norwegian Confederation of Sports provide additional options. Arts, crafts, and other activities may be limited at schools, with some options available in SFOs or arranged privately. Prices and quality vary.

COUNTY/FOLK HIGH SCHOOLS

Folkehøgskoler are private boarding schools focusing on special interests after upper secondary school. They emphasize social activities but offer no official exams or degrees. For more details, visit folkehogskole.no

INTERNATIONAL SCHOOLS AND EDUCATION

International schools, especially in Stavanger, are highly sought after. Early contact with your preferred school is recommended. International daycare and preschool options are available, and some secondary schools offer international baccalaureate (IB) programs. See school details below.

DAYCARE/PRESCHOOL

The Children's House, Sola

- Accepts children from 12 months and up
- Provides immersion programs in Norwegian and English

The International Pre-school (part of the British International School)

- Accepts children from 18 months – 4 years old
- Instruction in English

The International School of Stavanger (ISS)

- Accepts children from 12 months – 5 years old
- Instruction in English

Johannes Learning Centre (Johannes Læringscenter)

- Accepts children from kindergarten up
- Provides Norwegian language instruction

PRIMARY AND SECONDARY SCHOOLS

The British International School of Stavanger (BISS)

- Serves children 18 months through 16 years old
- Positive and interactive approaches to learning

The International School of Stavanger (ISS)

- Internationally accredited, English-language education for students aged 6–18
- Offers the IB program

Sandnes International School

- English language education for students 6–18
- Offers IB program

Johannes Learning Centre (Johannes Læringscenter)

- Offers kindergarten, primary school, and adult education
- Focuses on immigrants and refugees, providing basic language skills in Norwegian

Steinerskolen

- Government-run independent school offering kindergarten, primary, and secondary education

Montessori School Stavanger

- Serves children 6–16

St.Olav Upper Secondary School (St.Olav Videregående Skole)

- Instruction in English
- Offers the IB program

Haugesund International School

- Serves children 6–16 years

COLLEGES AND UNIVERSITIES IN THE REGION

- Art School in Rogaland (Kunstscolen i Rogaland)
- BI-Norwegian School of Management, Stavanger
- Norwegian Creative School (Norges Kreative Fagskole)
- The School of Mission and Theology (Misjonshøgskolen)
- Sonans
- University of Stavanger
- Høgskulen på Vestlandet Haugesund
- VID Specialized University

NORWEGIAN LANGUAGE INSTITUTIONS

- Aftenskolen Rogaland
- Berlitz
- Folkeuniversitet Rogaland
- Lingu
- Migranorsk
- Johannes Voksenopplæring

DAYCARE/PRESCHOOL OPTIONS

For children under the age of six, a variety of daycare/ preschool options, referred to as «kindergartens» (barnehager in Norwegian), are available in the region. The operating hours generally range from 07:30 to 16:30.

Explore the following types of kindergartens:

- **Open Kindergartens**
(many residential areas have a ÅPEN BARNEHAGE)
For children aged 0–5 who attend with parents/grandparents/ caregivers. Encourages play, learning, and social interactions.

- **Public Kindergartens**
Norwegian barnehage, or kindergartens, represent a cornerstone of the country's early childhood education and care system. These institutions provide a nurturing and stimulating environment where children aged one to six engage in play-based learning, outdoor exploration, and social interaction. With a curriculum centered around interests and developmental needs, children learn through creative activities and foster essential skills for their future academic and social success.
- **Family Kindergartens**
Children receive care in private homes, supervised by regular kindergartens.

- **Private Family Kindergartens**
Approved to care for five to ten children aged 1 to 6 years. For details, contact the specific kindergarten.
- **Special Needs Kindergartens**
Priority enrollment for children with special needs.

Note: Children's parks are not considered true kindergartens. They provide supervised play conditions on a part-time or full-time basis. Apply directly to the children's park.

Registration for kindergartens is typically done through your municipal website. Be aware of the deadline to apply in your municipality as these may vary, the deadline is often within mid-February to the beginning of March. Municipalities may have a shortage of institutions, so early registration is advised.



ADDRESS INDEX

DAYCARE/PRESCHOOL

The Children's House
Åsenveien 100, 4155 Sola
tchnorway.no

**The International Pre-school
(at the British International School)**
Gauselbakken 107, 4032 Stavanger
biss.no

The International School of Stavanger
Treskeveien 3, 4043 Hafersfjord
isstavanger.no

Johannes Learning Centre (Johannes Læringscenter)
Rennesøygata 12, 4014 Stavanger
johannes.no

PRIMARY AND SECONDARY SCHOOLS

The British International School of Stavanger (BISS)
Gauselbakken 107, 4032 Stavanger
biss.no

The International School of Stavanger
Treskeveien 3, 4043 Hafersfjord
isstavanger.no

Steinerskolen
Skolevollen 19, 4017 Stavanger
steinerskolen-stavanger.no

Montessori Stavanger
Forusbeen 35, 4034 Stavanger
montessoriskole-stavanger.no

Sandnes International School
Prinsens vei 8, 4315 Sandnes
sdis.no

St.Olav Upper Secondary School (St.Olav Videregående)
Jens Zetlitzgt. 33, 4008 Stavanger
st-olav.vgs.no

Haugesund International school
Hålandsvegen 175, 4260 Tovastad, Karmøy
hischool.no

COLLEGES AND UNIVERSITIES

Art School in Rogaland (Kunstscolen i Rogaland)
Birkelandsgate 2, 4012 Stavanger
kunstskolen.no

BI-Norwegian Business School,
Byfjordparken 17, 4007 Stavanger
bi.no

VID Specialized University
Misjonsmarka 12, 4024 Stavanger
vid.no

Sonans Private College
Olav V s gate 1, 4005 Stavanger
sonans.no

University of Stavanger
Kjell Arnholmsgate 41 4021 Stavanger
uis.no

Høgskolen på Vestlandet avdeling Haugesund
Bjørnsonsgate 45, 5528 Haugesund
hvl.no

NORWEGIAN LANGUAGE INSTRUCTION

Aftenskolen Rogaland
Langgata 8, 4013 Stavanger
aftenskolen.no

Berlitz
berlitz.no

Folkeuniversitet Rogaland
Gartnerveien 4, 4016 Stavanger
folkeuniversitetet.no

Lingu
Gartnerveien 4, 4016 Stavanger
lingu.no

Migranorsk
migranorsk.no

HEALTH CARE

Norway provides a nationally accessible, high standard of government-funded healthcare for all citizens and registered long-term residents. Currently, there is a notable emphasis on defining the parameters of good health and exploring effective strategies for its promotion.

EMERGENCY MEDICAL TREATMENT (LEGEVAKT) DIAL: 116117 NATIONWIDE

AMBULANCE: DIAL 113

24 HOURS MENTAL HEALTH LINE: DIAL 116123

POISONS INFORMATION CENTRE: DIAL 22 59 13 00

STAVANGER Main Public Emergency Centre (LEGEVAKT)
Armauer Hansensveien 30
4011 Stavanger
Telephone: 116117
Open 24 hours

SANDNES Emergency Centre (LEGEVAKT)
Brannstasjonsveien 2,
4312 Sandnes
Telephone: 116117
Open 24 hours

EGERSUND Dalane Interkommunale legevakt
Sjukehusveien 38,
4371 Egersund
Telephone 116117
Open 24 hours

HAUGESUND Main Public Emergency centre (LEGEVAKT)
Karmsundgata 59 B, 5531
Haugesund
Telephone 116117
Open 24 hours

NON-EMERGENCY MEDICAL TREATMENT

When the issue is non-urgent or falls within regular weekdays (08:00 – 16:00), please reach out to your designated general practitioner (fastlege). You can locate their name, address, and contact number in the correspondence you received from the Norwegian Health Economics Administration (HELFO) [helfo.no](https://www.helfo.no). In the event that your general practitioner is unavailable, the medical clinic (legekontor) will assist in redirecting you to another qualified doctor.

For medical inquiries over the phone during regular hours, contact your general practitioner directly. If you have a medical situation after office hours (after 16:00) or if you do not have a designated general practitioner, please call legevakt 116117.

GENERAL PRACTITIONER (GP)

Each person registered in Norway is assigned a General Practitioner (GP). If you are unsure who your GP is, you can reach out to the GP Helpline (fastlegetelefonen) at 23 32 70 00 or visit [helsenorge.no](https://www.helsenorge.no)

You hold the right to change your general practitioner twice per calendar year. For more details, please refer to the provided link: [tjenester.helsenorge.no](https://www.tjenester.helsenorge.no)

FEES

Under the Norwegian National Insurance Scheme, an annual limit is imposed on patient user fees, covering charges for medical consultations with doctors, specialists, and specific prescription medications. The Parliament establishes this cap each year. Upon reaching the limit, you will automatically receive a fee exemption card (frikort). Any amount exceeding the limit will be promptly refunded to your designated bank account. More information can be found at [helsenorge.no](https://www.helsenorge.no)

There is a standard subsidized fee for a routine consultation with your general practitioner. If you are referred to a specialist, an additional subsidized fee applies. It's important to note that these fees undergo annual adjustments. Consultations for children under the age of 16 and for pregnant women are exempt from charges. More information can be found at [helsenorge.no](https://www.helsenorge.no)

Should the need arise, your general practitioner can refer you to a specialist or facilitate treatment at your local hospital. In addition, they can assist in arranging treatment at a hospital outside your area. It is free to be admitted to hospital.

Dentistry designed with you in mind

Oris Dental has several clinics in the Stavanger region, with general dentists, specialists, and dental hygienists. We will take the time to listen to you, understand your needs and provide high quality dental treatment in a safe environment. Our clinics have varied opening hours, in the event of a dental emergency, we guarantee you a same day appointment.

Welcome!



Scan the QR-code to find your nearest clinic



Smiles that last

orisdental.no

 **ORIS DENTAL**

Outpatients pay a subsidized user fee. More information can be found at helsenorge.no.

Note: If you go to a private clinic or healthcare centre, they may operate both a subsidized and a private practice. The latter is not included in the National Insurance Scheme, and you must pay the fees in full yourself. If in doubt, check in advance.

EUROPEAN HEALTH INSURANCE CARD

If you are a member of the Norwegian National Insurance Scheme and are staying temporarily in another EEA country or in Switzerland, you should carry a European Health Insurance Card (EHIC). The card covers you for emergency healthcare in Europe and is free of charge. It is, however, advisable that you have additional travel insurance.

You can apply for the EHIC via helfo.no.

HEALTHCARE CENTRES

Each municipality has a public healthcare centre (helsestasjon) that is free of charge. The health centre offers regular consultations according to a standardised programme of 14 consultations. The first consultation is a home visit for newborns. The consultations at the health centre are carried out until the child is four years old.

Healthcare centres offer the following services:

- Pre- and postnatal check-ups
- Follow-up consultations with midwives during pregnancy
- Obligatory check-ups for all children up to the age of 5
- Vaccination programmes for all children below school age
- Healthcare information for youth up to the age of 20

Note: These are not clinics for normal medical consultations.

Visit your kommune's website or google to find your local helsestasjon.

PRIVATE MEDICAL CLINICS/HOSPITALS

Private medical centres/hospitals offer a wide range of treatments. You have access to their facilities and specialists, as well as the option of choosing one of their doctors as your general practitioner.

Note: Before scheduling an appointment for a consultation or treatment not covered by the National Insurance Scheme, it is advisable to inquire about the associated costs. Private treatments and consultations may incur substantial expenses, so unless you have private health insurance it's advisable to check the pricing details in advance.

PRIVATE HEALTH CLINICS

VOLVAT FORUS

Larsamyrå 18
4313 Sandnes
volvat.no
Emergency treatment available.

DR. DROPIN

Olav Vs gate 11
4005 Stavanger
drdropin.no
Emergency treatment available.

ALERIS

Lagårdsveien 80
4010 Stavanger
aleris.no
Emergency treatment available.

AVANTI HOSPITAL

Nygårdsveien 6
5515 Haugesund
avantihospital.no
Telephone: +47 52 70 05 50

DENTAL EMERGENCIES

STAVANGER

Stavanger Tannlegevakt
Tastagata 30
4007 Stavanger
Telephone: +47 51 65 92 70
tannhelserogaland.no
Saturday, Sunday, and public holidays, 13.00-17.00; phone, 13.00-16.30

HAUGESUND

Haugesund Tannlegevakt
Haraldsgata 139, Victoria Corner (entrance at corner of Sørhauggata and Kaigata)
5527 Haugesund
Telephone: +47 90 12 96 00
tannhelserogaland.no
Saturday, Sunday, and public holidays, 13.00-17.00; phone, 13.00-16.30

DENTAL CARE

The Public Dental Service (Den offentlige tannhelsetjenesten) operates dental clinics providing free dental care principally for children up to 18 years and subsidized for young adults up to 24 years. Dental care for adults is mostly private, and fees will be charged for treatment. Note that fees vary from practice to practice.

However, there are some conditions/situations where the National Insurance scheme will cover some of the cost of treatment. For more information helsenorge.no.

The public Dental clinics can be found here: tannhelserogaland.no

PHARMACIES

Prescription medicines can only be collected from a pharmacy (apotek). Pharmacies also sell over-the-counter medicines, first-aid and medical supplies, and lotions and creams.

Most pharmacies belong to one of the four major chains listed below:

Apotek 1 apotek1.no

Boots boots.no

Ditt Apotek dittapotek.no

Vitus Apotek vitusapotek.no

Pharmacists are very knowledgeable on available products and answer questions willingly. Most pharmacists speak English.

AFTER-HOURS PHARMACIES

STAVANGER REGION

Vitusapotek Løven
Olav V gate 11
4005 Stavanger
vitusapotek.no
Monday-Friday, 08.30-23.00
Saturday, 9.00-23.00
Sundays and holidays, 10.00-23.00
Easter, Whit, Christmas, and New Year's eves, 9.00-20.00

HAUGESUND

Apotek 1 Løven
Haraldsgata 90
5528 Haugesund
apotek1.no
Monday-Friday 09.00-20.00
Saturday 09.00-17.00
Sunday 17.00-19.00

PREGNANCY

All pregnant women are entitled to free check-ups with their midwife and/or General Practitioner (GP). A total of nine pregnancy consultations, encompassing fetal diagnostics and ultrasounds, are provided as part of this service.

Additionally, if you and your healthcare provider, whether it be your GP or midwife, mutually determine that further consultations are necessary, you may be offered additional

appointments. You will be given an Antenatal Health Card which gets filled in. Bring the card with you to each consultation.

For more information check helsenorge.no.

MIDWIFE

Midwives (jordmødre) in Norway are highly trained and specialise in all aspects of prenatal care, delivery, and postnatal care for you and your baby. Unless complications occur during labour, the midwife will deliver your baby. Every municipality is required by law to have a midwife.

There are also private, English-speaking midwives in Stavanger, and their services include prenatal and postnatal care as well as Pap smears and acupuncture.

femjordmodre.no

meretesultra.no

BIRTH

In Norway, most women give birth at a hospital, and the baby's father (or other companion) can attend the birth.

As a member of the Norwegian National Insurance Scheme, you receive free medical care during the birth of your baby, and your hospital stay is also free. Let the hospital staff know what language you speak so the appropriate midwife can be assigned.

helse-stavanger.no

Midwives play a crucial role in optimizing your resources during childbirth, guiding you through techniques such as controlled breathing, adopting upright and active positions, incorporating movement, massage, and relaxation methods. A diverse array of pain relief options is at your disposal, including acupuncture, nitrous oxide (gas and air), pethidine (demerol), and epidural anesthesia. These options remain available throughout labor and do not require pre-booking.

At Stavanger University Hospital, the birthing process takes place in the delivery ward or the birth loft (fødeloftet).

The birth loft is specifically designed for women seeking a natural birth experience in an intimate, home-like setting, with the incorporation of non-medical forms of pain relief.



Following delivery, you and your family can remain together in the birth loft for 24 hours before heading home, fostering a supportive and personalized postpartum environment. More information on childbirth: helsenorge.no

Note: Planned home birth with a midwife is not provided for under the Norwegian public health service.

THE POSTNATAL WARD

A pediatrician will conduct an examination of your baby when they are at least six hours old, typically on the day following birth.

As breastfeeding assistance is often needed, the hospital staff will provide support with feeding and offer guidance on practical aspects of infant care. Typically, discharge occurs one to three days after a normal delivery and within this timeframe, you can choose when you feel ready to return home.

The hospital will notify the tax administration of the birth and national identity number will be issued. It is essential to inform the tax administration of your child's name within six months. Subsequently, you will receive the child's birth certificate. For more information skatteetaten.no

POSTNATAL CHECK-UP

Upon your departure from the hospital, your Public healthcare centre (helsestasjon) is expected to reach out. Several municipalities offer a home visit. During this visit, you can have your baby weighed, and any concerns or issues can be discussed. If the health centre does not initiate contact, feel free to reach out to them proactively and let them know that you are home.

The healthcare centre (helsestasjon) diligently monitors your child's development throughout the early years of school, offering valuable information, advice, vaccinations, and regular check-ups.

BREASTFEEDING SUPPORT

Breastfeeding is the norm in Norway. You will get all the breastfeeding support you need at the hospital, even if you require help at every feeding for several days. If you choose not to breastfeed, baby formula is available. Breastfeeding support: ammehjelpen.no

IMMUNISATION

All children's vaccinations are free. Please contact your local health station for more details.

If you wish for your baby to receive a Hepatitis B shot at the hospital, it is important to make a specific request for it. Additionally, your baby will receive a tuberculosis (TB) vaccination at 6 weeks old if one or both parents hail from a country with elevated rates of tuberculosis.

TUBERCULOSIS

People from countries with high rates of tuberculosis must contact the Tuberculosis Control Office within three months of arriving in Norway. You will normally receive a letter from your local municipality with information about when and where you should go for the skin test and chest x-ray (persons from 15 years up). If you do not receive this letter, you should contact the public health nurse or chief municipal medical officer where you live. Tuberculosis tests are free in these instances.

ADDRESS INDEX

LOCAL HOSPITALS

Stavanger

Stavanger Universitetssjukehus (Stavanger University Hospital) 2 locations

Leif Larsens gate 8, 4021 Stavanger

Gerd-Ragna Bloch Thorsens gate 8, 4019 Stavanger

Telephone: +47 51 51 80 00

helse-stavanger.no

Eigersund

Stavanger Universitetssjukehus at Eigersund (Stavanger University Hospital at Eigersund)

Sjukehusveien 38, 4373 Eigersund

Telephone: +47 51 51 80 00

helse-stavanger.no

Haugesund

Haugesund Sjukehus Helse Fonna

Karmsundgata 120, 5528 Haugesund

Telephone: +47 52 73 90 00

helse-fonna.no

05 RECREATION IN THE STAVANGER REGION

In the Stavanger region, known for majestic fjords and scenic landscapes including attractions like Kjerag and the Pulpit Rock, accessibility stands out. Whether it be a hike to a mountaintop or a leisurely beach stroll it's all within reach. The culture emphasizes an active lifestyle with popular activities like biking, hiking, jogging, fishing, and skiing. Throughout the country, people, regardless of season, engage in these activities, often participating in sports through local clubs or fitness centres. Children commonly take part in after-school activities, often with parents coaching and joining in.

SUGGESTED DAY TRIPS

HIKE TO PREIKESTOLEN (PULPIT ROCK)

Experience the awe-inspiring Pulpit Rock, recognized by Lonely Planet among the world's top ten viewing points. Embark on a well-marked trail from the Pulpit Rock Cabin, traversing diverse mountain landscapes. The plateau, 25 x 25 meters and flat, offers a breathtaking panorama of Lysefjord and the surrounding mountains. Suitable footwear is essential, and remember to pack a lunch for this 2-hour journey each way, covering a total distance of 7 km.

Pulpit Rock Tour bus: pulpitrock.no

Gofjords tour bus: gofjords.com

By car: Drive through Ryfast tunnel and follow signs.

BOAT SIGHTSEEING ON THE LYSEFJORD

Enjoy a 3-hour tour of idyllic islands, the majestic Lysefjord, the Pulpit Rock, waterfalls, breath-taking scenery and lots more!

Tickets:

rodne.no

gofjords.com

norled.no

fjordevents.no

THE NORWEGIAN PETROLEUM MUSEUM

The Norwegian Petroleum Museum is an engaging space for young and old. It educates visitors on the creation, discovery, and production of oil and gas, along with their diverse applications. The museum showcases technological advancements and explores the impact of petroleum on Norwegian society. Through original objects, models, films, and interactive exhibits, it vividly portrays offshore life, technology, and dramatic incidents. Exhibitions are presented in both English and Norwegian, and all films are in English. The museum offers activities for children and youth, including the daring Catastrophe room and rescue chute. Don't forget to explore the Museum shop for unique gifts as a memento of your visit. norskolje.museum.no

FLOR & FJÆRE

Embark on a sensory delight at Flor&Fjære, where a scenic boat trip, enchanting gardens, and exquisite dining await! Your experience unfolds with a charming boat journey. Upon reaching the island, the guides unveil the splendor of the gardens, setting the stage for a sumptuous dinner in the magical jungle ambiance. florogfjare.no

OLD STAVANGER

Explore the enchanting Old Stavanger, home to 173 picturesque wooden buildings from the early 18th century, predominantly small, white cottages. Stavanger's dedication to preservation has earned it numerous awards. Old Stavanger stands as a testament to Norway's commitment to cultural conservation. Immerse yourself in this historic district, where quaint galleries and charming handcraft await your discovery.

SIRDAL HUSKY

Provides a range of wilderness activities for both summer and winter seasons:

Summer offerings include canoeing, hunting, fishing, horseback riding, photography, and hiking.

Winter activities feature thrilling dog sledding experiences with Siberian huskies. Choose from daytrips or embark on a five-day adventure with accommodation in snow caves and hunting lodges. sirdalhuskyfarm.no

MUSEUM STAVANGER (MUST)

Museum Stavanger includes:

- Stavanger Kunstmuseum (Stavanger Art Museum)
- Stavanger Maritime Museum
- Norsk Barnemuseum (Norwegian Children's Museum)
- Norsk Hermetikkmuseum (Norwegian Canning Museum)
- Utstein Kloster (Utstein Monastery)
- Breidablikk (Historical Mansion)

- Ledaal (Royal Residence)
- Norsk Grafisk Museum (Norwegian Printing Museum)
- Stavanger Skolemuseum (Stavanger School Museum)

Visiting the MUST website is the best way to gather information about these museums, their collections, and their opening hours, but selected information is included below. museumstavanger.no

VITENFABRIKKEN (SCIENCE CENTRE)

The Science Factory is a hub for exciting, hands-on exploration connecting science, technology, and art. From exhibitions to workshops, it engages your senses, revealing insights into balance, reaction time, brain temperature, toilet mechanics, spider web strength, and more. A perfect destination for the inquisitive mind jaermuseet.no

ARQUEBUS WAR HISTORY MUSEUM HAUGESUND

Explore Norway's Arquebus War History Museum, a vast 2000 m2 space highlighting Resistance artifacts from WWII. From the 1940 occupation to the 1945 liberation, discover everyday life, merchant marine contributions, the home front, and secret transmissions. The museum features 125 mannequins in wartime attire, coastal defense exhibits, and insights into the German defeat in Berlin. More at arquebus.no.

THE VIKING VILLAGE AND NORDVEGEN HISTORY CENTRE AT AVALDSNES HAUGESUND

Discover the fascinating history of the Norwegian coast at Nordvegen History Centre in Avaldsnes. Learn about rulers mentioned in kings' sagas, ancient songs, and revealed through archaeology. Dive into the magical world of sorcerers, female warriors, and Norse gods. The center uses modern instruments to narrate history, creating a grand, informative, and captivating experience. Don't miss the Viking village, just a 10-minute walk away.

Immerse yourself in the daily life of Vikings, showcasing everything from work to celebrations, farming, fishing, handicrafts, commerce, art, and culture. Authentic reconstructions, including a pre-Christian era granary and roundhouse, provide a unique glimpse into Viking times.

historiskeavaldsnes.no

OLD TOWN SKUDENESHAVN – A WHITE HAVEN BY THE SEA AT KARMØY

Nestled at the southern tip of Karmøy island, the charming town of Skudeneshavn boasts an «old town» with 130 impeccably preserved wooden-white houses from the 1800s, thriving during the herring fishing peak. Do a guided tour or explore on your own to discover intriguing spots like the world's smallest café and the Mælandsgården Museum. This museum offers a genuine glimpse into the town's growth during the prosperous herring-fishing era, with unique exhibits preserved in their authentic environment.

skudenes.no

THE ISLANDS NEAR HAUGESUND

Explore the unique island of Røvær, just 25 minutes off Haugesund's coast, with 110 inhabitants and one car. Walk through its history, daily life, and scenic beauty, enjoying activities like fishing, kayaking, and Lothestranden beach. Indulge in traditional dumpling dishes at Røvær Sjøhus or savor seafood-based menus at Røvær Kulturhotell.

Visit the North Island of Utsira 18 km west of Karmøy. Discover its preserved coastal heritage, hiking trails, a museum, and the world's first wind and hydrogen energy power plant. Birdwatch in one of Norway's most beautiful ornithological environments, featuring over 317 discovered species, and visit Norway's highest situated lighthouse.

CHILDREN'S ACTIVITIES

KONGEPARKEN – FAMILY PARK

Explore Western Norway's largest amusement park and Rogaland's top attraction at Ålgård, just 10 minutes from Sandnes city center. Thrilling adventures for all ages. The park offers an array of attractions, including Norway's longest bob run «brumleband», the Humla merry-go-round, the Airship Ferris wheel (Norway's highest), and even a teddy bear hotel. kongeparken.no

SKOGSPRETT CLIMBING PARK IN SANDNES

Skogsprett is an activity park specially designed to create unique, airy, and exciting nature experiences. Including:

- Climbing Park
- Net Park
- Stand-Up Paddleboarding (SUP) Courses
- Children's Birthday Parties
- Kids Camp
- Wilderness Tour

skogsprett.no

LEO'S LEKELAND

Children's indoor play park: leoslekeland.no

RUSH

Rush is an indoor activity center featuring trampolines on walls and floors. Here, both children and adults can be challenged with lively activities and impressive tricks. Rush opened Norway's first large trampoline park in Oslo in June 2016 and has since established many parks across the country.

The parks have their own cafe and host birthday parties, bachelor/bachelorette parties, and other events for schools, associations, and businesses. Our goal is to be the coolest adventure and activity park in your local community. rushtrampolinepark.no

AIR

At AIR Forus, the aim is becoming the country's best climbing and adventure center. To achieve this, they continuously work on evolving and presenting their users with new challenges. The climbing section of the center envisions that «climbing is for everyone,» and route setters strive to provide fresh routes tailored to all levels every week. airforus.no

ROOKIE

Free activities for children ages 11–16. The goal is to create a platform for social interaction and physical activity where everyone is welcome, with added value for those not involved in organized sports and those looking to expand their social network.

The idea behind the free principle is for Rookie to function as a socially inclusive initiative. It is also a goal for Rookie to introduce participants to new sports, thereby contributing to more children joining sports clubs in the region.

rookie.folkehallene.no

EVENTYRSKOGEN (FAIRYTALE FOREST)

Eventyrskogen is located in Bønardalen in Årdal. Along a circular path in the spruce forest, woodcarver Eldfinn Austigard has placed dozens of wooden figures from various fairy tales and legends.

The stroll among the trees in the mysterious forest takes about an hour and is suitable for the whole family.

Those who want to sit down to enjoy a meal or simply listen to nature can do so on the benches and tables placed around the forest.

You can even book accommodation in a lavvu (traditional tent) inside the forest.

visitnorway.no

HAUGALAND ZOO

Haugaland Zoo is a 4-hectare animal park near Torvestad on Karmøy. The park contains approximately 250 animals, birds and reptiles and is steadily expanding. At Haugaland Zoo, you will see many exiting animals such as antelopes, lamas or grass snakes. haugalandzoo.no

FRØNSDAL ACTIVITY FARM

The farm offers 12 horses, easy hiking trails, canoeing, and additional activities like paintball, bow and arrow shooting, horseshoe throwing, and beach volleyball. Opt for multi-day activity packages for groups or select individual experiences. fronsdal.no



SUGGESTED WEEKEND TRIPS

BØ SOMMARLAND (BØ SUMMERLAND)

Bø Sommarland is a water park featuring over 100 attractions suitable for both children and adults. From fast and exhilarating rides for older kids to a delightful playground for the younger ones, it's an ideal family destination for a fun weekend. sommderland.no

HUNDERFOSSEN FAMILY PARK

Hunderfossen Family Park, a fairytale destination near Lillehammer, offers enchantment for the whole family just two hours from Oslo. Home to the world's largest troll, a 14-meter landmark

at the entrance, the park features a fairytale castle, petting zoo, rides, a mini waterpark, go-karting, rafting, and a five-screen theatre. Dive into Norwegian storytelling traditions and the magical world of trolls and fairies. Accommodation is available in and around the Lillehammer area. hunderfossen.no

MOUNTAIN CABINS

Experience the Norwegian mountains through hiking or cross-country skiing from cabin to cabin with the Norwegian Trekking Association (DNT). Skiing is popular from late January to Easter, while hiking is ideal from July to late September. Cabins vary from self-service to staffed, with DNT membership providing discounts and access to more cabins. dnt.no

LOCAL ACTIVITIES



KRISTIANSAND DYREPARK (KRISTIANSAND ZOO)

Embark on an exhilarating journey to Kristiansand Zoo and Amusement Park ! This extraordinary destination seamlessly combines a zoo, amusement park, rainforest, and water park. Witness a captivating array of animals thriving in habitats mirroring their natural surroundings. Dive into the enchanting Kardemomme By (Cardamom Town), a theme park inspired by the cherished Norwegian children's author and illustrator, Thorbjørn Egner. As the sun sets, brace yourself for outdoor stage spectacles featuring the swashbuckling tales of Kaptein Sabeltann (Captain Sabertooth). Immerse yourself in the excitement at dyreparken.no

NORWAY IN A NUTSHELL

Embark on an unforgettable journey through Western Norway's stunning landscapes, including the scenic Bergen Railway, Flåm Railway, and a bus trip. Cruise the UNESCO-protected Nærøfjord on an electric boat, experiencing the best of fjords and mountains sustainably. Highlights include the renowned Flåmsbana train journey and a fjord cruise. Choose your starting point from Oslo, Bergen, Voss, Geilo, or Flam, customizing the route to suit your preferences. norwaynutshell.com

RALLARVEGEN

During the construction of the mountain railway between Oslo and Bergen which opened in 1909, the workers used the current Rallarvegen road for transportation. Today, Rallarvegen stands as one of Norway's most breathtaking cycling routes, winding through mountain highland terrain. Ensure you pack appropriate clothing, as the mountain weather can be challenging and unpredictable. rallarvegen.com

SKI RESORTS

The primary ski resorts within 2–3 hours' drive from Stavanger and Haugesund include Brekko, Sirdal, Ådneram, Røldal, and Sauda. For additional information, visit their respective websites

jarenfri.no
sirdalfjellpark.no
aadneram-skitrekk.no
roldal.com
saudaskisenter.no

SORRISNIVA IGLOO HOTEL

Fly two hours north from Oslo to Alta for a unique experience at Sorrisniva's Ice Hotel, expertly rebuilt each winter by skilled artists for the past 12 years. Everything in the hotel, from beds and rooms to artworks and the bar's glasses, is crafted from ice. Be sure to dress warmly and in woolen underwear to fully enjoy the possibility of witnessing the mesmerizing Northern Lights.

sorrisniva.no

SPAS

Visiting a relaxing spa is a popular weekend activity. They can be found both urban and in more secluded, picturesque locations. Below are a few suggestions.

- The Well thewell.no
- Farris Bad Hotel farrisbad.no
- Holmsbu Spa holmsbuspa.no
- Son Spa and Resort sonspa.no
- Frafjord Spa fracfjord-spa.no

TELEMARKSKANALEN (THE TELEMARK CANAL)

Constructed over a century ago, this waterway spans six municipalities and remains an impressive sight today. Originating from the town of Skien, approximately 150 km from Oslo, the canals traverse the mountains through 18 locks and scenic landscapes. Choose from trips ranging from 2 to 11 hours, with options to combine the experience with canoeing, biking, or driving in the comfort of your own car. telemarkskanalen.no

TREKKING AND HIKING

Explore diverse walking options, ranging from pram-friendly paths to challenging mountain hikes. Be mindful that what locals classify as an easy walk may be more challenging for people who are not used to hiking, and remember, a Norwegian mile is equivalent to 10 km.

Discover the abundance of captivating landscapes and numerous amazing walks and hikes in the region, each showcasing its unique natural beauty and scenic wonders. Seize the opportunity to explore all that this remarkable area has to offer.

Use these sites/apps to discover great walks in the area alltrails.com or ut.no

RIGHT TO ROAM (ALLEMANNSRETTE)

In Norway, the freedom to hike anywhere is a cornerstone of national identity. The right to roam, known as allemannsretten, has ancient roots and allows everyone to experience nature, even in large privately-owned areas.

You're free to set up a tent or sleep under the stars in the countryside, forests, or mountains, as long as you stay at least 150 meters away from the nearest inhabited house or cabin. This rule applies to vans, mobile homes, and caravans. If staying for more than two nights in the same place, permission from the landowner is required, except in mountains or very remote areas. Please be aware that open fires are prohibited from April 15 to Sept 15. For more information about right to roam visitnorway.com.

DEN NORSKE TURISTFORENING (NORWEGIAN TREKKING ASSOCIATION)

Den Norske Turistforening (DNT) is a membership organization offering various outdoor activities such as hiking, skiing, rafting, and kiting. They organize courses, guided tours, nature walks, and skiing events in February. With over 570 cabins available for reasonable rental fees, DNT facilitates immersive experiences in Norway's landscapes. Members receive a bimonthly magazine, discounts at DNT shops, and on cabin rentals. Visit dnt.no for more information or Stavanger Turistforening at stf.no.

SPORTS AND ACTIVITIES

Municipalities in Norway take great care in preparing trails, playgrounds, and sports facilities for residents. Numerous municipalities provide illuminated trails, ensuring their usability throughout the year. Information about these amenities is typically available on the municipal website, or you can visit the Tourist Information for more details on neighborhood facilities.

CLUBS AND TEAMS FOR CHILDREN AND ADULTS

To find a complete overview of all types of sport clubs see idrettsraadet.no

Each club is listed with individual contact information and most of them have their own websites.

CLUBS FOR COMPANIES (BEDRIFTSIDRETTE I ROGALAND)

Many companies support their employees participating in sports. They even have their own teams for popular sports like football, volleyball, biking and curling. For example, company football has its own league and companies compete against each other. Ask your HR representative if they are members of this organization and be sure to join the team. More information at rogaland.bedriftsidretten.no

BOWLING

luckybowl.no

BASEBALL

soft-baseball.no

CYCLING

Stavanger Cycle club stavangersk.no

Sandnes Cycle Club sandnes-sykleklubb.spoortz.no

Ryfylke cycle club ryfylkesykelklubb.no

Velodrome Track Cycling varenergiarenasola.no

Haugesund ckh.no



BASKETBALL

stavangerbasket.no

CANOEING AND KAYAKING

Stavanger Kayak Club: stavangerkajak.no

CLIMBING

SiS Sportssenter minsis.no

Vår Energi Arena varenergiarenasormarka.no

CURLING

Norwegian Curling Association curling.no

Vår Energi Arena varenergiarenasormarka.no

FOOTBALL

There is an abundance of football clubs in Rogaland for all ages and for both men and women. Go to idrettsforbundet.no for a complete list of all the clubs. There are more than 60 clubs in Rogaland alone. It is by far the most popular sports activity for children.

CHEERLEADING

Stavanger Diamonds stavangerdiamonds.no

DANCING

Salsa salsastavanger.no

Stavanger, Sandnes, Haugesund and Egersund Swing Club

komogdans.no

Swing Cats Boogie Woogie swingcats.no

Nord Jæren Sportsdanseklubb njs.no

Steps Dansestudio steps-dansestudio.no

FISHING

To engage in freshwater fishing in Norway's lakes, rivers, and streams, a fishing license is mandatory, obtainable from local landowners and fishing organizations. Licenses can be conveniently purchased online, at selected sports shops, convenience stores, and numerous campsites. These licenses are area-specific and valid for designated time periods. For those fishing salmon, sea trout, or Arctic char, a small additional fee is required, excluding children under 18. Eel fishing is prohibited in Norway. Fishing in the fjords and the sea, however, does not necessitate a fishing license.

FITNESS CENTERS

Many companies have arranged discounts or free workouts for their employees. Larger companies will often have their own gyms, which are free of charge. Most large fitness centers offer monitored playrooms for children. You will be able to choose various forms of group workouts such as aerobic classes, spinning classes, Pilates and of course the standard gym equipment. Some examples are:

SATS sats.no

SiS Sportssenter sissportssenter.no

EVO fitness evofitness.no

Mova mova.no

CrossFit Centrum crossfitcentrum.no

Xfit xfit-stavanger.no

Toppform toppform-treningscenter.no

Kampsporthuset kampsporthuset.no

For a complete list, google «treningscenter, Rogaland»

GOLF

If you are a golf enthusiast, the region is in no lack of options! Here are some of the golf courses available, and chances are there is one close to you.

Sandnes Golfklubb sandnesgolfklubb.no

Randaberg Golfklubb randaberg-golf.no

Jæren Golfklubb jgk.no

Stavanger Golfklubb sgk.no

Sola Golfklubb solagk.no

Egersund Golfklubb egersund-golfklubb.no

Haugesund golfpark haugesundgolf.no

GYMNASTICS

Stavanger Turnforening turnforening.com

HANDBALL

Find all clubs in Rogaland handball.no

HORSE RIDING

Examples:

Rogaland Riding Club rogaland-rideklubb.no

Sandnes and Jæren Riding Club sjr.no

Stall Friheten stallfriheten.no

Tryggvi Gård tryggvi.no

Haugesund Riding Club haugesund-rideklubb.no

HUNTING

In Norway, land is either state-owned or privately owned, with landowners holding exclusive hunting and trapping rights on their property. To hunt on state-owned land, permission from Statsskog is required.

Distinct rules apply based on whether you are a visitor or a resident in Norway. If you are new to hunting, you must pass a hunting test (jegerprøven) and register in the Hunting Register (Jegerregister). Subsequently, you will receive a hunting permit (jegeravgiftskort) by mail. Further details can be obtained from the Directorate for Nature Management (Direktorat for Naturforvaltning).

NJFF (THE NORWEGIAN ASSOCIATION OF HUNTERS AND ANGLERS)

NJFF is the sole nationwide interest organization for hunters and anglers in Norway, boasting over 100,000 members affiliated with 570 local hunting and fishing clubs distributed among 19 county organizations across the country. njff.no

ICE-SKATING

Ice-skating on the lakes in Rogaland is a popular activity when conditions permit. The responsible municipalities diligently monitor all urban lakes, promptly putting up signs indicating unsafe ice conditions («isen er usikker»).

SKATING RINKS

Stavanger Ishall stavanger-ishall.no

Vår Energi Arena varenergiarenasormarka.no

Haugesund ishall haugesund.kommune.no

JAZZERCISE

Several classes are held in the region. The website gives addresses and contact details: jazzercise.no

JUDO

Sandnes sandnesjudo.no

Stavanger stavangerjudo.no

Sola solajudo.no

JU JITSU

Stavanger Ju Jitsu Klubb sjjk.no

KARATE

Stavanger Karate Klubb stavangerkarateklubb.no

Kampsporthuset kampsporthuset.no

LACROSSE

uisi.no

ORIENTEERING

orientering.no

PILATES

Some examples

jillstewartpilates.com

houseofmovement.no

pilatesen.no

YOGA

Some examples

jivamuktiyoga.no

hotyogastavanger.no

satyayoga.no

yogayoga.no

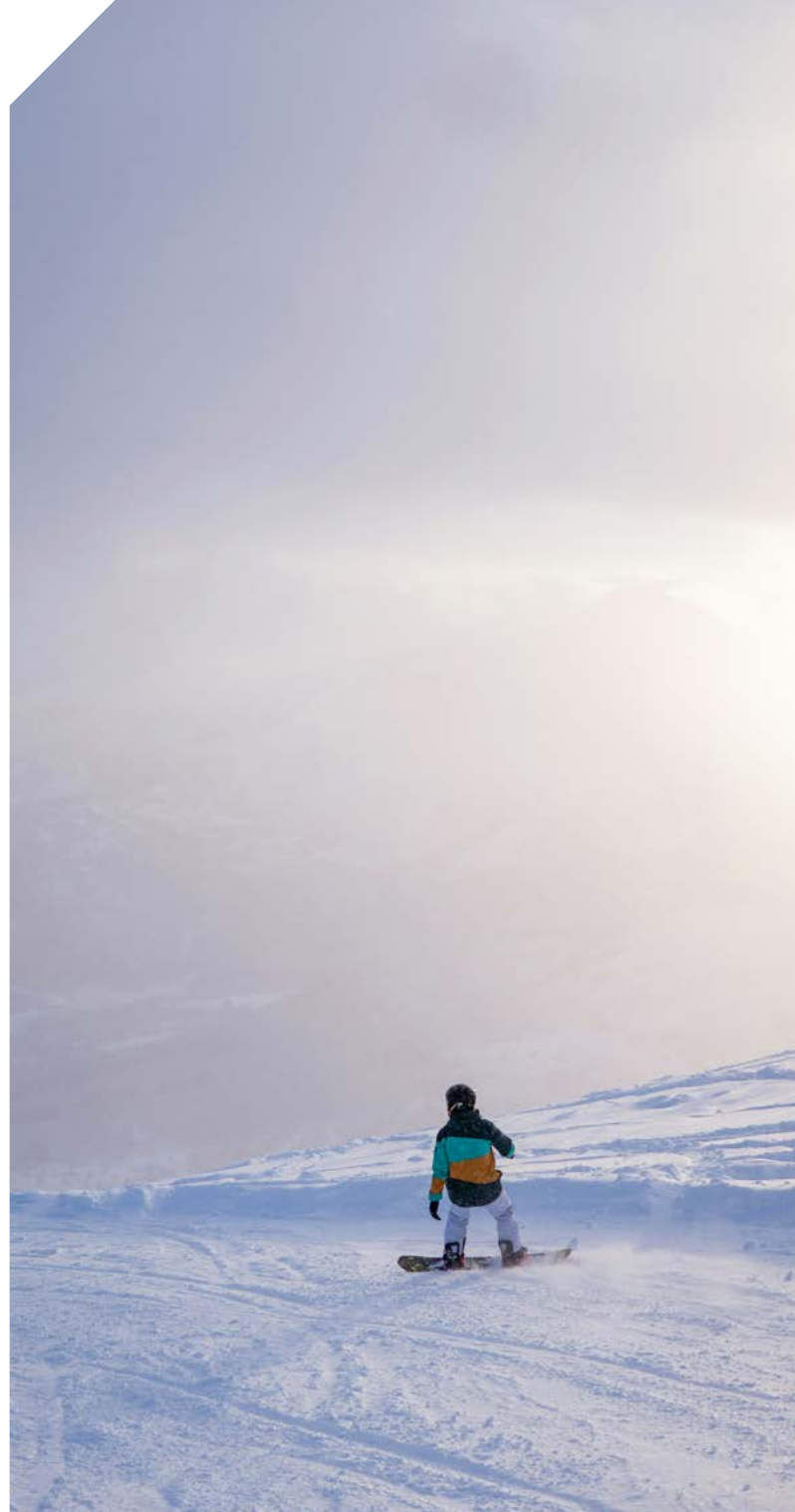
Haugesund sentrum-yoga.no

RUGBY

rugby.no

ROWING

stavanger-roklub.no



TRACK AND FIELD RUNNING

For information on running on track and field, you can contact Løplabbet, a shoe store renowned for its expertise in running equipment and knowledge about running clubs and running events (marathons) all over Norway. Many locations in Rogaland can be found through loplabbet.no. To find track and field clubs go to friidrett.no and gti-friidrett.no.

ALPINE SKIING

Through the website skiinfo.no you will find an overview of popular ski resorts in Norway. Resorts connected to the region are:

Sirdal sirdalfjellpark.no

Sauda saudaskisenter.no

Røldal roldal.com

CROSS-COUNTRY SKIING

Weather permitting, cross-country ski-tracks are prepared close to all alpine ski centers. There are also many cross-country ski tracks, which are less than one-hour drive from Stavanger, including Brekko, Hunnedalen, Madland, Melsheia, Rogaland Arboret and Sandnes. Other popular cross-country ski tracks in Rogaland are Røldal and Sauda. Ski conditions can be found at skiinfo.no and on the sites of the different ski resorts.

SKI BUSES

There are ski buses from Stavanger and Sandnes to Sirdal. Night Skiing is available on Wednesday evenings and daytime on Saturdays and Sundays. skibussen.no

SKI BOAT

There is a ski boat going from Stavanger to Svandalen Skisenter in Sauda. Tickets include transportation (boat and bus) and a day pass at the ski resort. You can catch the boat every Saturday from Skagenkaaien in Stavanger. rodne.no

SWIMMING

Swimming is a widely enjoyed activity in Norway, with most swimming pools owned by the municipality («kommune»). To find the nearest pool, refer to your municipality's website. Swimming is integrated into the

school curriculum, ensuring that each kommune has at least one pool, often situated near a school. Before entering the pool, it is mandatory to shower and wash your hair, and swimming caps are compulsory in most facilities. Additionally, many facilities offer saunas accessible from the changing rooms. Swim teams provide lessons for all ages, with the class season running from late August to early December and January to May.

Swimming pools:

Stavanger stavanger.kommune.no

Sandnes sandnes.kommune.no

Randaberg randaberghallen.no

Sola sola.kommune.no

Swimming classes:

- Delfinen, offering swimming courses for babies, children, and adults with English available delfinen.no
- Stavanger Swimming Club, offering training at several pools in the Stavanger area stavangersvommeklubb.no
- Karmøy Swimming Club, offering training at several pools in Karmøy karmoysvkl.no

FLOATING SAUNAS

Stavanger damps sauna.no and booksauna.no

Haugesund heithaugesund.com

TENNIS AND SQUASH

Stavanger tennis club stavangertk.no

Sandnes Tennis club sandnestennisklubb.no

Haugesund tennisclub haugesundtennisklubb.no

Squash courts

Stavanger

varenergiarenaforum.no

toppform-treningscenter.no

Karmøy storhallkarmoy.no

VOLLEYBALL

Norwegian Volleyball Federation volleyball.no

Randaberg Volleyball randabergvolleyball.no

Haugesund KFUM Volleyball kfuk-kfum.no



PUBLIC RACES

Rogaland hosts well-known athletic events such as:

- Sesilåmi: A 56 km cross-country ski race in March every year [sesilami.no](https://www.sesilami.no)
- Nordsjørippet: One of Norway's largest cycling races, the Nordsjørippet is 83 km long and held in June every year. This event continues to grow in popularity; [nordsjorippet.no](https://www.nordsjorippet.no)
- Stavanger Marathon [stavangermarathon.no](https://www.stavangermarathon.no)
- 3-sjøersløpet -3 lake run [3sjoers.no](https://www.3sjoers.no)
- 7-nutsturen in Sandnes [7-nutsturen.dnt.no](https://www.7-nutsturen.dnt.no)
- Haugesund half marathon [haugesundil.no](https://www.haugesundil.no)

SURFING, WINDSURFING AND KITING

Norway's prime surf destinations are nestled along the captivating beaches of Jæren, beckoning enthusiasts to explore the North Sea's dynamic wind and waves. The coastline offers a spectrum of spots, catering to both beginners and seasoned surfers. From gentle beginner beaches like Solastrand and Hellestø to more challenging Jæren provides diverse options. The summer season is ideal for beginners, while late autumn and winter promise exhilarating conditions for the more adventurous, with modern wetsuits extending the surfing season. Noteworthy spots for beginners include Solastrand, Hellestø, Sele point/ beach, Borestrand, Brusand, and Ognå beaches. Solastrand beach, in particular, attracts windsurfers and kitesurfers due to its relatively sheltered wave conditions, even in strong winds. For information, equipment, and coaching, visit [surfschool.no](https://www.surfschool.no).

SPORTING EVENTS AND PROFESSIONAL CLUBS

FOOTBALL

Football is the most popular and common sport in our region. There are several leagues. Professional football clubs include:

- Viking Football Club [vikingfotball.no](https://www.vikingfotball.no)
- Sandnes Ulf [sandnesulf.no](https://www.sandnesulf.no)

HANDBALL

Viking Handball [tifviking.no](https://www.tifviking.no)

BIATHLON

Blink Festival (Blink Festivalen) [blinkfestivalen.no](https://www.blinkfestivalen.no)

ICE HOCKEY TEAM

Oilers compete against other teams from all over Norway from September until March. Games are played at the DNB Arena. [oilers.no](https://www.oilers.no)

PARKS AND ATTRACTIONS

THE ROGALAND ARBORETUM

Established in 1972, the Rogaland Arboretum spans 7 hectares of forest and parkland. Its diverse collections feature around 1,400 taxa from temperate and mountainous regions across the [rogalandarboret.no](https://www.rogalandarboret.no)

SANDVED PARKEN

Sandved Park serves as the green heart of Sandnes, stretching 3.5 km along the Storånå watercourse from downtown to Stokkelandsvatnet (Stokkeland's Lake) in Ganddal. The park features playgrounds and picnic spots [sandnes.kommune.no](https://www.sandnes.kommune.no)

STAVANGER BOTANISKE HAGE (BOTANICAL GARDEN)

Stavanger Botanic Garden offers a compact yet fascinating array of global plants. Featuring a geographic collection from five continents, alongside a herb garden and vegetable garden, the garden provides a diverse botanical experience. Open every day throughout the year, admission is free. [stavanger.kommune.no](https://www.stavanger.kommune.no)

Discovering a hobby or becoming part of a network plays a crucial role in enhancing the experience of living in another country. Engaging in extracurricular activities often leads to forging lifelong friendships as individuals connect over shared interests.



Photo: matprat.no

LEISURE ACTIVITIES

ACTION

Stavanger Karting offers go-carting, paintball, laser games and action-packed activities karting.no

Stavanger Kick-Off is a wide-ranging and unique event company that is specialized in customizing all kinds of events, more than 60 different activities. stavangerkickoff.no

MUSHROOM AND BERRY PICKING

Fruit, berry, and mushroom picking are cherished Norwegian pastimes during the respective seasons. For those unsure about the edibility of their mushroom harvest, make sure to have the mushrooms checked.

soppdilla.no/sikre-matsopper
app.soppkontroll.no

BIRD WATCHING

Norsk Ornitologisk Forening birdlife.no

BOATING

If you have your own boat, contact the local boating and sailing association (båtforening) for information about marinas and harbours. Lifejackets must be worn and can be hired from any fire station. Stavanger Seilforening (Stavanger Sailing Association) at Hundvåg; stavangerseilforening.no.

CAMPING

Discover a variety of campgrounds in Rogaland, perfect for those who enjoy camping and seeking an outdoor adventure. campingportalen.no

SCOUTS AND GUIDES

KFUM/KFUK Guides and Scouts of Norway is the equivalent to the YMCA/YWCA and is open for ages 6 and up rogaland. kmspeider.no

BRIDGE

Rogaland Bridge Club rogbridge.org
Stavanger Bridge club stavangerbk.org

CHESS CLUB

rogaland-sjakk.org

SNOOKER/DARTS/SHUFFLEBOARD

insidegruppen.no

CHOIRS

There is an abundance of choirs in every part of the region.

kor.no
sangerforum.no
ungikor.no

BATS (BRITISH AMATEUR THEATRE SOCIETY)

English speaking theatre group, specializing in British Panto Theatrical Productions. Everyone is welcome: bats.no

NORSK FILMKLUBBFORBUND (NORWEGIAN FILM CLUB)

Import and distribute film-to-film societies and are a source of information and education in the field of films and the media. They take a special interest in organizing film groups for children and young people. NFK is a member of the International Federation of Film Societies filmklubb.no

BRASS BANDS

The Norwegian Band Federation is the largest voluntary music organization in Norway. The 1700 bands with their 69.000 members are offered good opportunities to practice their music. Norwegian brass bands have a rich tradition and play a significant role in the country's musical heritage. Many towns and communities across Norway have their own brass bands, fostering a strong sense of local identity. These bands

often participate in local events, parades, and celebrations, contributing to the cultural fabric of the regions they represent. Additionally, Norway has a thriving brass band competition scene, where bands from different regions showcase their skills and artistry, creating a vibrant and competitive musical landscape. The dedication to brass band music reflects the country's appreciation for cultural diversity and artistic expression. To look for more information about the different bands in Rogaland go to the website musikkorps.no

PARTICIPATING IN MUSIC

Norwegian Music Council is a co-operation network and an interest group for 33 national music organizations. musikk.no

JCI INTERNATIONAL

JCI is a worldwide organization for young leaders and entrepreneurs to meet, learn from each other and secure further development. JCI Norway hopes to be the country's leading voice in both training and developing the future's leaders. Members are engaged and active, focusing on positive leadership, personal development and entrepreneurship. Members are typically between 18 and 40 years old. jci.no

PWC (PEOPLE WHO CONNECT)

PWC Stavanger is located at Varatun Gård. They offer regular morning and occasional evening meetings; arts and crafts, bridge, trips, walking group, coffee mornings etc. pwc-stavanger.no

INTERNATIONAL ROTARY CLUB

Rotary is an organization of business and professional leaders united worldwide, who provide humanitarian service, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. stavanger.rotary.no
haugesund.rotary.no

COMMUNITY HOUSES (BYDELSHUS)

Community houses serve as vital meeting places for citizens, offering amenities such as youth clubs and organized leisure activities. Additionally, you have the option to rent spaces suitable for both large and intimate gatherings.

Stavanger stavanger.kommune.no
Sandnes sandnes.kommune.no
Haugesund haugesund.kommune.no

PLACE OF WORSHIP

The Stavanger region comprises over 180 nationalities, all with different traditions and religions.

STAVANGER INTERNATIONAL CHURCH

Stavanger is a truly international community with an enthusiastic, caring and growing Christian congregation. The worship services are in English. sic.no

ST. SVITHUNS CATHOLIC CHURCH (STAVANGER)

Services available in English, Polish and Norwegian. stavanger.katolsk.no

NORTH SEA BAPTIST CHURCH

English speaking. baptist.no

STAVANGER ANGLICAN/EPISCOPAL CHURCH

Service at 10.30 every Sunday in English. Sunday school for children. achurchnearyou.com

KARISMA SENTER

International fellowships in English. Service on Sundays at 11.00am. translated into English. karisma.no

METHODIST CHURCH

Stavanger Methodist Church aims to be an inclusive and warm fellowship. stavanger.metodistkirken.no

MOSQUES

There are several mosques in the region. Some are listed here:

rmss.no

eyupsultan.no

mfsandnes.no

Haugesund

ismg.no

MORMON/JESUS CHRIST OF LATTER DAY SAINTS (STAVANGER)

All services translated into English. no.jesukristikirke.org

LIBRARIES

UNIVERSITY OF STAVANGER LIBRARY

The University Library is divided into two departments at Ullandhaug and the Bjergsted Park Campus, near Stavanger city centre. There are subject books, research reports, public information, statistics, as well as academic journals. There is also sheet music, video recordings and DVD's. uis.no

PUBLIC LIBRARIES

SØLVBERGET, STAVANGER KULTURHUS (STAVANGER LIBRARY, CINEMA AND CULTURAL CENTRE)

Stavanger Kulturhus is a vibrant hub hosting an array of cultural activities, with Stavanger Public Library, one of Norway's largest public libraries, and Odeon Cinema serving as key contributors. The venue hosts a diverse range of events, including regular music performances, theatrical productions, artistic installations, and exhibitions. Collaborating closely with numerous associations and organizations in Stavanger, Sølvberget provides stages and facilities for their use, offering a platform for showcasing a rich tapestry of cultural and organizational activities within the city. solvberget.no

Sølvberget boasts an expansive multilingual collection encompassing books, journals, magazines, music, and films. The library houses an impressive collection of 50.000 international books, complemented by an additional 30.000 English books, making it a rich and diverse resource for bibliophiles of all ages. solvberget.no

SANDNES KULTURHUS (SANDNES LIBRARY, CULTURAL CENTRE)

Sandnes Library is located in the Sandnes Kulturhus. The library also has services for those who have health problems and are unable to search the library themselves. sandnesbibliotek.no

SOLA AND TANANGER (branch) solabibliotek.no HAUGESUND haugesundbibliotek.no

For a complete list of all the libraries in Rogaland, go to rogfk.no

CINEMAS AND FILM

ODEON KINO STAVANGER/SANDNES

The cinema in Stavanger is Norway's fourth-largest and offers a broad and varied program. Annually, between 250–300 titles are screened. ODEON Stavanger features 11 modern auditoriums equipped with state-of-the-art sound and visuals. Several have 4K projectors and the capability for 3D screenings. odeonkino.no

ODEON Cinema in Sandnes stands out as one of Norway's most frequented cinemas, consistently receiving offers for premiering films. With an annual lineup of approximately 200 different titles, it remains a popular destination for movie enthusiasts. odeonkino.no

BRYNE KINO brynekino.no EDDA KINO HAUGESUND edda-kino.no

MAGISKE LANTERNER FILMKLUBB FOLKEN

Magiske Lanterner Filmklubb shows independent movies in the large room at Folken about every fortnight. magiskelanterner.wordpress.com

MUSIC

There are a number of venues for all types of music all over Rogaland and many of Norway's most popular bands and internationally recognized artists come from this region.

STAVANGER KONSERTHUS (AND STAVANGER SYMPHONY ORCHESTRA)

The Stavanger Concert Hall is a cultural hub hosting a diverse range of musical performances, from classical concerts to contemporary music and cultural events. It is a central venue for the Stavanger Symphony Orchestra (SSO) and features modern facilities with optimal acoustics. With two main halls, Fartein Valen serves as the regular home for the SSO, while the Zetlitz Hall hosts performances by modern artists. stavanger-konserthus.no

The Stavanger Symphony Orchestra, associated with the concert hall, has gained recognition for its quality and diverse repertoire, encompassing both classical and contemporary music. With performances around the world, the orchestra continues to captivate audiences. Visit sso.no for details on programs.

FOLKEN THEATRE

The venue is often associated with students and plays a significant role in providing a platform for emerging talents and established artists. It contributes to the cultural vibrancy of Stavanger by offering a space for artistic expression and community folken.no

JAZZ FORUM, SPOR 5 AND MAI JAZZ

Stavanger Jazzforum is an institution nurturing the jazz scene in Stavanger, Norway. With Spor 5 as its dedicated venue, it hosts diverse jazz performances, featuring both local and international artists. The organization plays a crucial role in fostering a vibrant jazz community and enriching the region's cultural landscape. stavangerjazzforum.no

MaiJazz is a renowned jazz festival held annually in Stavanger, Norway. This vibrant event features a diverse lineup of jazz artists, both national and international, across various genres. With performances in concert halls, clubs, and outdoor stages, MaiJazz creates a dynamic atmosphere for music enthusiasts. The festival serves as a platform for both established and emerging jazz talents, contributing to the cultural richness of the region. maijazz.no

THEATRE

ROGALAND TEATER

The Rogaland Teater has distinguished itself as one of Norway's leading theatres. Every year, the Rogaland Teater presents approximately 15–20 productions in four different venues: Hovedscenen (Main Stage) – the main auditorium with 353 seats, Intimscenen – a black box studio with an average capacity of 80 seats, Kjellerteatret – a small black box studio in the cellar and Teaterhallen – the newly refurbished old gymnasium, with a maximum of 136 seats. To buy tickets go to the website. There are discounts for groups of at least 10 people and for students and seniors rogaland-teater.no

GALLERIES

Some of the galleries

BGE CONTEMPORARY

Engelsminne gata 17, Stavanger bgeart.com

NEO GALLERI

Nedre Strandgate 54, Stavanger neogalleri.no

GALLERI AMARE

Olav V s gate 22, Stavanger galleriamare.no

GALLERI OPDAHL

Haugesundsgata 8, Stavanger galleriopdahl.no

EXHIBITIONS

STAVANGER KUNSTHALL

Madlaveien 33, 4009 Stavanger kunsthallstavanger.no

STAVANGER KUNSTMUSEUM

Henrik Ibsens gate 55, 4021 stavanger stavangerkunstmuseum.no

MUSEUMS

STAVANGER MUSEUM

Stavanger Museum, situated at Muségata 16, traces its roots back to 1877, with its current premises established in 1893. Today, this historic building serves as a venue for exhibitions on natural history and cultural history, featuring the Norwegian Children's Museum. Additionally, it accommodates Norway's Bird Ringing Centre, the administration of Museum Stavanger (MUST), a museum library, and technical workshops. Explore the rich blend of natural and cultural exhibits within its walls.

stavangermuseum.no

STAVANGER MARITIME MUSEUM

The Stavanger Maritime Museum specializes in the maritime history of the south-western part of Norway. With extensive collections of artifacts, archives, photographs, and documentation related to shipping, shipbuilding, and coastal culture, it provides a comprehensive exploration of the region's maritime heritage.

stavangermaritimemuseum.no

CANNING MUSEUM

From the 1890s to around 1960, Stavanger's most pivotal industry was the canning trade. The exhibition delves into the environment and working conditions of the canning factories, offering a detailed look at the entire process—from the arrival of fresh fish to the departure of the canned products. Situated in Gamle Stavanger, the museum caters to an international audience by providing information brochures in several languages. Explore the rich history of Stavanger's canning industry and its impact on the local community. norskhermetikkmuseum.no

STAVANGER ART MUSEUM

Stavanger Kunst Museum traces its roots to the establishment of the art society, Stavanger kunstforening, in 1865. Under Consul Jens Z. Kielland's chairmanship, the society aimed to cultivate an appreciation for art and build a permanent collection, stating, «The art society's goal is to awaken a love of art and over time to build an art collection which belongs to the society». stavangerkunstmuseum.no

UTSTEIN KLOSTER

Utstein Kloster, nestled on the picturesque island of Mosterøy near Stavanger, stands as Norway's best-preserved medieval monastery, dating back to the 13th century. With its captivating architecture, including a well-maintained church and living quarters, Utstein Kloster offers a unique glimpse into medieval religious life. Surrounded by stunning landscapes overlooking the sea, the monastery provides a tranquil setting for exploration. Today, it operates as a museum, inviting visitors to immerse themselves in Norway's medieval history through informative exhibits and guided tours. Utstein Kloster also serves as a cultural venue, hosting concerts and events, blending historical allure with contemporary use. utsteinkloster.no

NORWEGIAN PETROLEUM MUSEUM

The Norwegian Petroleum Museum in Stavanger is a modern, interactive space that takes you on a journey through the origins of oil and gas millions of years ago. It explores the search, production, and utilization of oil, highlighting the Norwegian oil history from the mid-1960s to the present day. norskolje.museum.no

ARCHAEOLOGICAL MUSEUM IN STAVANGER

The museum's responsibilities include conservation and stewardship of our cultural heritage in Rogaland, including archaeological excavations. The Museum also has a large reference collection of pollen, fruits and seeds. uis.no

JÆRMUSEET

Jærmuseet serves as the regional museum and functions as the regional science center for Southwest Norway. The museum's dual mission involves documenting and presenting the recent history of the region as a museum and fostering interest in natural science and technology as a science center. With responsibility for 12 public museums and a mobile science center, Jærmuseet invites you to explore history through interactive exhibitions and activities suitable for all ages. From captivating shows to farm visits, poetry readings, and insights into the daily lives of people in historical Jæren, immerse yourself in our cultural heritage. jaermuseet.no

STAVANGER DOMKIRKE (CATHEDRAL)

Stavanger Cathedral, or Stavanger domkirke, stands as a testament to Norway's medieval heritage. Its construction commenced around 1125, making it one of the country's oldest cathedrals. The cathedral's architecture exemplifies Romanesque style with Gothic influences, featuring a cruciform plan, central tower, and aisled nave. Over the centuries, Stavanger Cathedral has witnessed alterations and additions, including a 17th-century Baroque-style altar and pulpit. Despite these changes, the cathedral retains its historical charm, offering visitors a glimpse into Norway's architectural and religious past. As an active place of worship and a cultural venue, Stavanger Cathedral stands both as a spiritual sanctuary and a historical landmark in the heart of the city. stavangerdomkirke.no

THE NORWEGIAN EMIGRATION CENTRE

The centre was established in 1986 to promote increased contact between Norwegians and friends of Norway around the world. It is part of an international network of research and genealogy centres and can therefore offer a range of activities to all people of Norwegian descent interested in emigration history and genealogy. emigrationcenter.com

GEOPARK IN EGRSUND

Magma Geopark is a regional development initiative, focusing on Geological Parks. These territories hold scientific importance, incorporating geological, archaeological, ecological, and cultural value. With a primary focus on the relationship between humans and nature, the park offers marked trails and destinations, encouraging exploration of local resources. Tailored for schoolchildren and geology enthusiasts, the park provides detailed information and diverse tours, including walking, biking, and canoeing routes past selected geo-sites. magmageopark.no

■ For more activities: enjoy.ly



DINING AND NIGHTLIFE

Stavanger's culinary scene is a delicious tapestry that blends the rich maritime heritage of fresh seafood with contemporary international influences. From Michelin-acclaimed fine dining to trendy bistros and casual eateries, the city offers a diverse range of flavors. Local produce and a commitment to quality ingredients characterize the menus, with a strong emphasis on seafood. Stavanger's food culture extends beyond the plate, with vibrant food markets, craft beer havens, and specialty coffee spots adding to the city's gastronomic allure. Whether you're a seafood enthusiast, a coffee connoisseur, or an adventurous foodie, Stavanger invites you to savor the tastes of its dynamic culinary landscape.

TIPPING

In Norway, tipping is not obligatory as service charges are often included in bills at restaurants and cafes. While it is customary to leave a small tip as a gesture of appreciation for good service, rounding up the bill to the nearest convenient amount is a common practice. Tipping taxi drivers, hotel housekeeping, and tour guides is discretionary but often appreciated. Unlike some countries, there is no pressure to tip excessively, and service staff typically receive fair wages. Ultimately, tipping in Norway is more about expressing gratitude for exceptional service rather than fulfilling an obligatory custom.

GLADMAT FOOD FESTIVAL

Gladmat Food Festival, held annually in Stavanger, Norway, is a culinary extravaganza that transforms the city into a vibrant hub of gastronomic delights. Spanning several days, the festival showcases a diverse range of Norwegian and international cuisine, featuring dishes from renowned chefs, local restaurants, and food vendors. Attendees can explore food stalls, witness culinary competitions, and enjoy workshops and demonstrations. The festival's lively atmosphere includes live music, cultural performances, and family-friendly activities. With a commitment to sustainability,

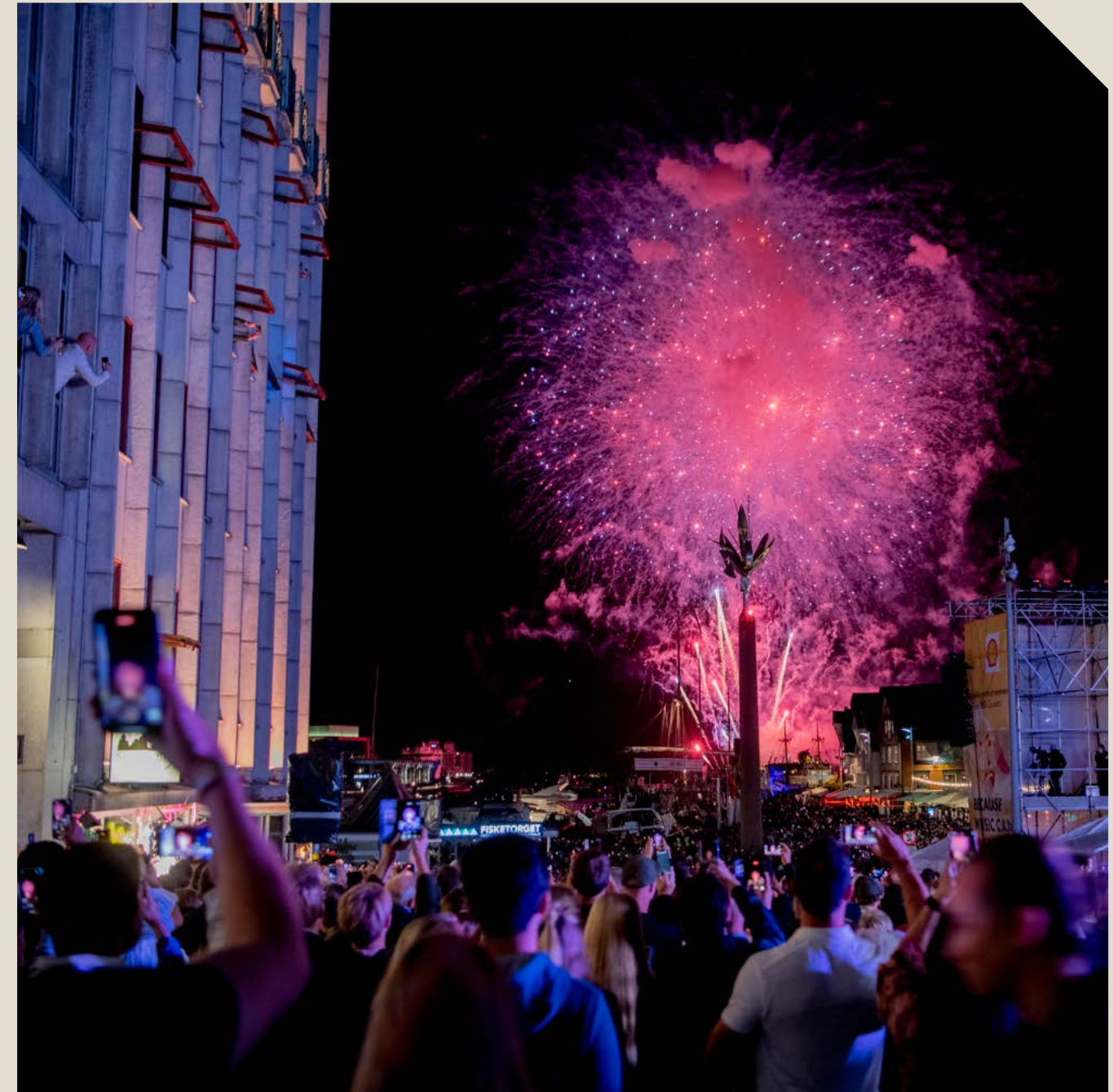
Gladmat emphasizes local and seasonal ingredients, making it a delightful celebration of food and culture in the heart of Stavanger. For the latest information, it's advisable to check the festival's official website or local sources. gladmat.no

NIGHTLIFE

Stavanger's nightlife pulses with energy, offering a diverse and exciting tapestry of entertainment for night owls. From the cozy charm of local pubs to the vibrant beats of nightclubs, the city caters to all tastes. Craft beer enthusiasts can savor a variety of brews in trendy bars, while music lovers can explore live performances spanning genres from indie to electronic. Stroll along the waterfront, where bars provide a perfect backdrop for evening socializing against the scenic harbor views. As the night unfolds, cultural venues and late-night eateries beckon, ensuring that the excitement never wanes in Stavanger's lively nocturnal landscape. Whether you're seeking the rhythms of the dance floor or a relaxed evening with friends, Stavanger's nightlife promises an unforgettable experience.

Sandnes, as a neighbouring city to Stavanger, also has its own unique nightlife scene. While it may not be as extensive as Stavanger's, Sandnes offers a variety of options for those seeking evening entertainment. While not as sprawling as its neighbor Stavanger, Sandnes offers an intimate and authentic experience for those seeking an evening of exploration. Picture yourself in neighborhood bars where the locals unwind or discover a hidden gem that transforms from a cafe to a lounge as the night descends.

Haugesund's nightlife, pulses with local charm and diverse offerings. A variety of bars, pubs and nightclubs dot the town, providing a welcoming atmosphere for socializing. The waterfront setting adds an extra layer of allure, with bars providing stunning views for a relaxed and picturesque night out.



TRANSPORT

AIRPORTS

STAVANGER AIRPORT, SOLA

Stavanger Airport (Stavanger Lufthavn) is conveniently situated just 20 minutes from both Stavanger and Sandnes. Offering direct flights to many destinations in Norway and abroad, the airport serves as a vital hub for seamless travel. avinor.no

HAUGESUND AIRPORT KARMØY

Haugesund Airport, Karmøy (HAU) is an international airport located on Karmøy, about 15 minutes' drive from Haugesund. flyhau.no

TO/FROM THE AIRPORTS

AIRPORT BUS

The airport express bus, Flybussen, provides transportation for passengers between Stavanger and the airport. flybussen.no

Haugesund and the airport. flybussen.no

flybussen.no



Local buses operated by Kolumbus kolumbus.no. Buying ticket on APP – Kolumbus billetter is much cheaper than paying cash on the bus.

TAXIS

Taxis are readily available and are often used for quick and convenient transportation, especially for those who prefer a door-to-door service. Taxis are commonly used for commuting to and from the airport or for business-related travel.

APP TAXIFIX

APP *Haugaland taxi*

PUBLIC TRANSPORTATION

The region boasts an effective public transportation system comprising buses, a significant portion of which are electric, as well as trains and ferries. These interconnected modes of transport seamlessly link different parts of the city and its suburbs, catering to the needs of both daily commuters and occasional travelers. This comprehensive system contributes to the region's commitment to sustainability and offers convenient and eco-friendly mobility options for its residents and visitors.

Kolumbus bus/passenger boat – Download app for travel planner and tickets

For travel to Finnøy and Ryfylke – *billetter*: kolumbus.no

HJEM JOBB HJEM (home-work-home)

Many companies belong to the corporate scheme HJEMJOBHJEM. Employees are offered the opportunity to purchase the Home-Work-Home subsidized ticket, a personalized 30-day pass tailored for the corporate market. The ticket is valid on buses, trains (Jærbanen and the regional train to Moi), Vassøy ferry, Kvitsøy ferry, and Kolumbus' boat routes to all docks within the municipalities of Stavanger and Sandnes. Access to City Bikes is also included as part of the agreement for all employees, regardless of whether they purchase the Home-Work-Home ticket.

NATIONAL BUS ROUTES

A national bus network also runs throughout the country, providing access to smaller and larger towns. Prices may vary between bus companies. These are some of the bus companies:

vybuss.no

tide.no

nor-way.no

TRAINS

The intercity rail network links local and major cities across Norway. Details of routes, timetables and tickets can be found on vy.no

APP VY

FERRIES

The following companies provide ferry service:

- **Norled** (norled.no) runs ferries along the west coast
- **Fjord 1** (fjord1.no) runs ferries between Mortevisa and Arsvågen.

INTERNATIONAL FERRIES

- **Color Line** (colorline.no) runs car ferries from: Kristiansand to Hirtshals, Denmark, Oslo to Kiel, Germany and Sandefjord to Strömstad, Sweden
- **Fjordline The Fjordline** (fjordline.com) operates the route from Bergen to Tananger (Risavika) and then Hirtshals, Denmark.



PERSONAL TRANSPORTATION

Many people use private cars for commuting. The use of electric cars in the region has seen significant growth, driven by Norway's commitment to sustainability. Residents enjoy incentives such as reduced tolls and exemptions from road taxes, fostering an increasing interest in electric cars. Norway has a well-established charging infrastructure, with numerous public charging stations. Corporate fleets in some businesses include electric cars aligning with environmental goals and taking advantage of incentives.

CAR RENTAL

Some individuals, particularly those on business trips, opt for rental cars for added convenience and flexibility in exploring the region. You will find the major car rental companies at Sola Airport. avinor.no

CYCLING

The Stavanger region promotes cycling as an eco-friendly and healthy means of transportation. The county council has invested a considerable amount of money in creating a bike-friendly environment with dedicated bike lanes, bike racks, and other facilities, encouraging residents to use bicycles for daily commuting.



MOVING TO NORWAY: ESSENTIAL CHECKLIST

BEFORE ARRIVAL

- Check visa and residence permit requirements
- Arrange accommodation (temporary or permanent)
- Ensure you have valid health and travel insurance
- Gather important documents (passport, birth certificate, employment contract, diplomas)

AFTER ARRIVAL

- Register your address with the authorities
- Obtain a Norwegian national identity number or D-number
- Apply for a tax deduction card (skattekort) if you will be working
- Open a Norwegian bank account
- Apply for BankID (Norway's digital identification system)
- Register with a general practitioner (GP) through the public healthcare system
- Set up a mobile phone subscription
- Arrange internet and utility services if required

WORK AND FINANCES

- Review your employment contract and workplace benefits
- Familiarize yourself with Norwegian tax regulations
- Check pension and social security rights
- Set up online banking and payment solutions (e.g. Vipps)

EVERYDAY LIFE

- Learn about public transport options, APPS and travel cards
- Understand waste sorting and recycling regulations
- Familiarize yourself with local emergency numbers and services
- Explore leisure activities, outdoor opportunities, and local community groups

PRACTICAL TIPS

- Be aware of seasonal weather and clothing requirements
- Note public holidays and reduced opening hours for shops and services
- Learn basic Norwegian phrases or enroll in a language course

Note: Many public and private services in Norway require BankID, making it one of the most important practical steps after obtaining your Norwegian identity number.