



Country guide for new EPIET/EUPHEM fellows

Folkehelseinstituttet, Oslo

NORWAY

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Based on previous guidance by

- Previous fellows at FHI

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<http://epietalumni.net/activities/countries-guide/>

Please note: This is a living document. If you find any information to be incorrect or out of date, or there is anything you wish to add, please amend the guide (and date it accordingly) and send the new version to your cohort representative for uploading onto the EAN country guides website. Thank you.

CONTENT

- EARLY ON AND GETTING STARTED..... 4
 - 1. Registration in Norway 4
 - Registration, incl. social security number/ID/Person number 4
 - Some useful websites 5
 - EU citizens’ rights 5
 - Registering with a GP 5
 - Driver License 6
 - 2. Finding accommodation 6
 - Prices and where to look 6
 - Where to live 7
 - The rental contract 7
 - Furniture and household goods 7
 - 3. Reimbursement of expenses 8
 - Bank account 8
 - Taxes 9
 - 4. Administration 9
 - Contract 9
 - Salary 9
 - Pension 9
 - 5. Insurance 9
 - The public social security system 9
 - Health insurance 10
 - Information about ECDC Travel insurance 10
 - 6. Leaving the country 10
- AT WORK 11
 - 7. Folkehelseinstituttet 11
 - Getting to & from the city/institute 11
 - Access card 11
 - Laptop 11
 - Remote Access 11
 - Access to sikker sone 11
 - Holidays 11
 - Public Holidays 12

Working Time	12
Lunch	12
Gym	12
LIVING IN NORWAY	12
8. A few interesting cultural points	12
9. Public transport	14
10. Cycling in the city.....	14
Car rental	14
11. Norwegian language courses	14
12. Recreational Activities	15
In general.....	15
Meeting people	15
Outdoor Sports	15
Other leisure/useful links	17
13. Supermarkets	18
Alcohol in Norway	18
Other food stores	18
CONTACT	19
14. Key contacts at your institute.....	19
National Focal Point for Public Health Training	19
HR	19
Finance	19
15. Contact information of current and previous fellows.....	19

EARLY ON AND GETTING STARTED

1. Registration in Norway

Registration, incl. social security number/ID/Person number

The national identity number that residents of Norway have is called a 'fødselsnummer' (literally 'birth number'). Everyone in Norway needs this number for almost everything (opening a bank account, getting a phone number, choosing a GP, getting insurance etc.).

The process of getting a 'fødselsnummer' is slightly different for nationals from non-nordic countries Denmark, Finland, Iceland or Sweden). See below.

In order to get the Fødselsnummer, you need to book yourself an appointment at either the Tax Office (<https://www.skatteetaten.no/en/person/>) or Service Center for Foreign Workers (<http://www.sua.no/en/>). Both are in the same building at Schweigaards gate 17 near the train station. At the appointment you can register your move to Norway and apply for a fødselsnummer simultaneously. It is **best to book this appointment before you arrive in Oslo**, as they may be fully booked a few weeks in advance. The Service Center for Foreign Workers will likely have more times available than the Tax Office. There are some forms to fill out in advance of the appointment, and you will also need to bring your **passport/national ID card, work contract** (you should sign this on your first day at FHI) and **contract for your accommodation** (lasting at least 6 months). The fødselsnummer should come in the post within a week or two. You can then start opening a bank account etc.

If you don't have a contract for accommodation yet, then you can get a temporary identity number (D-nummer) until you have a permanent address. You can use the D-nummer to open a bank account and get a phone number etc., and it should be automatically changed to a Fødselsnummer when you have a permanent address and can finalise your registration.

Important note for residents of non-Nordic countries: For fellows moving to Norway who are not residents of another Nordic country to get a fødselsnummer you will also need to bring proof of registration with the police in Norway to the appointment with the Tax Office or Service Center for Foreign Workers. If you don't bring this proof with you, then you can still register your move to Norway, but you will be given a D-nummer instead of a fødselsnummer, and will have to go book another appointment to show the proof from the police at a later date to complete your registration. You can book an appointment with the police here - <https://www.politiet.no/en/services/residence-permits-and-asylum/eueea-citizens/> - **again be aware that they are likely fully booked several weeks in advance. If you are from another Nordic country, you do not need to register with the police.**

Notes on getting appointments at the SUA/Skatteetaten/Police:

- If you need to provide an address for getting an appointment and you don't have one, use the institute's address (Lovisenberggata 8, 0456 Oslo). This is important to make sure you get an appointment as soon as possible. You will be able to change the address when you get to the appointment in person.
- Book the first available slot you find (as long as it doesn't clash with the introductory course dates which will be communicated before you arrive to Norway). If you cannot

find a suitable spot, you can check the websites periodically as new appointments can get released time to time.

Try to have your D-number as quick as possible having an appointment with tax services not to pay 50% of taxes since the first month. But even if you pay too much in the first months you will get refunded when your yearly tax return comes. This will be done automatically, and you can call and double check the salary you got or view it online. If you have notified the tax administration of your bank account this will be transferred automatically, if not they will send you a cheque you can deposit at your bank either in person or by mail to get it transferred to your bank account.

As a newcomer in Norway, you may be eligible for a lower tax rate in your first year as a fellow under new rules since 2019. (<https://www.skatteetaten.no/en/person/foreign/are-you-intending-to-work-in-norway/payee/>).

MinID and BankID

Once you start registering in Norway, you will see the possibility to log in in many websites (including Skatteetaten) with BankID or MinID.

You can register for a MinID the moment you have a D-number. However, MinID has fewer companies that support it.

BankID is better than MinID because aside from logins, it also allows you to sign documents online (for example, contracts for electricity, etc.), among other things. You can only get a BankID after you get a Fødselsnummer and a bank account (see how to get a bank account below). After you get a bank account, the BankID is not assigned automatically, you need to apply for it with your bank.

Some useful websites

Ny i Norge (<http://www.nyinorge.no/en/>) has a wide range of info from public agencies that you may find useful as a recent immigrant to Norway, including practical tips and advice.

Norge.no (<https://www.norge.no/en/>) is a guide to digital public services in Norway. The portal presents services from national and local government agencies.

EU citizens' rights

As an EU-citizen, you have the right to live in any EU country if you work there.

During the first 3 months of your stay, your host country cannot require you to register your residence. You can do so if you wish. After 3 months, your host country may require you to register your residence with local authorities, to show that you're working there and obtain a document confirming your right to stay.

Source: https://europa.eu/youreurope/citizens/residence/residence-rights/index_en.htm

Registering with a GP

After you get the Fødselsnummer, Helsenorge (www.helsenorge.no) will send you a letter asking you to choose your GP, which you can do online. Choose a medical centre somewhere close to your home or ask for advice from your new colleagues. In case you do not choose a GP yourself, you will receive a letter with the name of a GP chosen for you.

You can order a European Health Insurance card at www.healsenorge.no when you have a fødselsnummer, are registered as resident in Norway etc. and have a Bank Id. While you do not have

a fødselsnummer, you can call by phone and ask for a temporary document which will work in the same way. To do so you will need a D-nummer.

Dentists:

Dentist do not fall under the health insurance scheme and will have to be paid privately, this might change in the future. However, you can choose your dentist freely and they usually let you know upfront how much the treatment will cost.

Driver License

If you have a driving licence from a non-EU/EEA country, it is very important to be aware of **specific requirements** within the first few months. You can find more country-specific requirements here: <https://www.vegvesen.no/en/driving-licences/driving-licence-holders/driving-licences-in-norway-and-abroad/using-a-non-eueea-driving-licence-in-norway/>.

2. Finding accommodation

Prices and where to look

Prices in Oslo tend to start from 5.000 NOK for shared accommodation, and 12.000 NOK for a whole apartment, and it pays to start looking for something before you arrive. Most apartments are advertised on www.finn.no. www.hybel.no is another option, while <http://www.lovisenberg.no/eiendom> can be useful as they have studios/apartments 10 min walking distance from FHI.

From experience we have found that it is more efficient to put out your own “looking for accommodation” ad on www.finn.no where you present yourself and what you are looking for, rather than responding to landlords’ ads. In this case, landlords or people wanting to move out of their apartment will reach out privately. This also works if you are looking for a shared flat. It costs about 500NOK to put your advert online, but from experiences it is worth it. You can reach out to previous fellows to get an example for an advert. You can also place an ad on www.hybel.no, which is free. Unfortunately, both sites are only in Norwegian, but placing an ad in English wouldn’t be a problem.

Note: Be aware that it is common for people to use photos when the apartments were renovated or newly built. Do not commit to an apartment before you see it in person.

Also, people working at FHI might also have apartments for rent, so you could ask your local contact at FHI to put an ad in the local FHI network asking for housing.

Some places have visiting times (called ‘visning’), when you can just show up at a set time to view the apartment. For others you have to make an appointment.

When looking at apartments/prices make sure to check what is included; some include amenities like hot water, heating, furniture and internet, whereas others do not. Heating can get expensive in the winter. In general, you can expect to pay 3 months deposit and sometimes they will only rent to you if you already have a personal ID number/Norwegian bank account, although not always. If you need any assistance with locations, viewings etc., people at FHI and other fellows can help you.

Electricity

If electricity is **not** included in your contract, you will need to get a contract yourself. This comes in two phases. First, you need to contact ELVIA which is the company that is responsible for the electricity grid in Oslo (<https://www.elvia.no/hva-er-elvia/vart-stromnett/>). ELVIA is responsible for activating your electricity counter and will supply electricity until you find a private supplier. However, electricity from ELVIA comes at a fixed price and can be more expensive than from a private company. You can compare the prices from private companies here - <https://www.forbrukerradet.no/strompris/> . Spot prices can vary a lot especially in winter, so your company will usually have an app where you can see when electricity is cheapest.

Personal Phone:

Having a Norwegian phone number will be very important to access many things for your personal life but also for work (see sikker sone under Work). Before you get a Norwegian phone number you can use your phone number from your home country to register in the country, bank, etc. The institute has access to a phone provide deal which is quite good. If you choose this, the monthly subscription is deducted from your salary directly. The advantage of using this service is that the call and data package does not change in price when you are in roaming which will come in handy for all the ECDC modules.

If you need to get a new phone, the institute also offers the possibility to get a new one. This has no cost, but you will need to give it back once you finish the fellowship. You will be able to keep it after the 2 years for about 80% of the price of the phone.

Where to live

Oslo is a lovely size. Big enough that there is lots to do, but small enough that even living outside of town is likely not far from the city. You can get from the central station out to the forests of 'Oslomarka' in just 20 minutes on the metro.

In essence you have two choices; living in town, or living out by the natural environment. In town, Sentrum, Frogner and Majorstuen may be a bit more expensive. Grunnerløkka is funky. Grønland has a larger immigrant population. Torshov, Ullevål, Blindern, Sagene and St. Hanshaugen are very close and nice spots as well. Anywhere a bit further out (Holmenkollen, Sognsvann, Vetakollen, Grefsen) will give you great access to the natural environment. There aren't really any bad places though, especially as the institute is almost halfway between the centre and the forests, so it just depends what suits you.

The rental contract

Your landlord will probably already have a contract ready for you, and some may be simple, while others can be very detailed. If you want some advice on what to expect, in the link below is Forbrukerrådets (the Consumer Council) suggested standard agreement for when you want to enter into an agreement for renting a home in Norway (in Norwegian) – <https://www.forbrukerradet.no/kontrakter/hus/husleiekontrakt-bokmal/>.

Furniture and household goods

IKEA is the easiest: www.ikea.no. There is a free bus from Dronningens gate downtown (close to Central Station). You also have several department stores with electronics, sports items, DIY, etc. e.g. XXL <http://www.xxl.no/>, Lefdal <http://www.lefdal.com/>, Expert <http://www.expert.no>, Biltema

<http://biltema.no/no/>, G Sport <http://www.gsport.no/>, Skeidar <http://www.skeidar.no/hovedsiden>, Julia <http://www.jula.no/> and Clas Ohlson <https://www.clasohlson.com/no/>.

Second hand shops and flea markets can be found over all Oslo e.g. <http://bruktkart.origo.no/> or www.fretex.no/. You can also get second hand things on www.finn.no or <https://no.letgo.com/nb>.

On Finn, you can also get things that are given for free. After you search for something, you can click on “Gis bort” (to give away) to see what is given for free. Usually, you will pick things up at the person’s place. If you use “fiks ferdig” it will be sent to your house.

If you are looking for something specific, you can also go on <https://www.prisjakt.no/>. This website will find the product on several websites and find where you can buy the cheapest.

3. Reimbursement of expenses

For reimbursement of **moving expenses**, you can either pay these yourself and ask the institute to reimburse you, or get the institute to pay directly. Contact Anna Torwick (anna.torwick@fhi.no) who can help you with these practicalities. You can also claim your travel expenses from the institute once you have moved to Norway.

In general, for ECDC **moving reimbursement** will have to be filed through the FHI Human resource portal “DFØ” (This should be introduced to you during your first days at Institute). You can switch it to English, then navigate to Expense reimbursement and follow the steps. You will need to give file your it “project number” which should be provided by Anna Torwick or another HR representative during induction. The ECDC process should be explained in the comments field so personnel at FHI are aware of the burden of proof needed for submitting a claim. You should also provide a copy of the fellowship manual where how much money you are entitled to.

Reimbursement of language classes follows the same process as moving expenses. You need to find an official school to be able to claim the reimbursement. Since you can only claim classes in your first year of the fellowship, the date on the invoice needs to be before the beginning of the second year. All reimbursements associated with projects conducted at the FHI (e.g., travel due to a project) are also submitted through DFØ.

Bank account

You can open a bank account once you have a D-nummer or a fødselsnummer. Generally you have to fill in an online form, and your chosen bank will then post something to you (may take 3-4 weeks). Once you have a Norwegian bank account, you can send the details to the finance department at FHI to get your salary in NOK. Considering that it takes up to 4 weeks to get a response from the bank, apply for the bank before the introductory course.

Be aware that you will not have a proper “BANK-ID” with just the D-nummer (preliminary) but when you will get the fødselsnummer. The access to VIPPS application (which you will know soon enough when in Norway) requires to have this BANK-ID.

Some of the major banks are: DnB, Nordea, Sparbank and Danske Bank, amongst others.

Taxes

This is all organised by the institute. Just make sure that you register in Norway and get a fødselsnummer/D-nummer BEFORE you go to the intro course, or you may end up paying 50% tax for the first couple of months. This will be refunded by FHI afterwards, but it is better not to be too late and pay much at the beginning!

4. Administration

Contract

The contract is aimed to be sent by email by HR representatives, circa one month before your first day in FHI. In some cases, the contract has not been sent to you beforehand. Contact the EPIET/EUPHEM coordinator. The contract will then be signed at your arrival or the first days at the institute.

Salary

You can check your exact salary correction with the ECDC Fellowship Office, but as of 2022 fellows receive an average of 32.000 NOK per month, although these changes depending on the month as there are lower tax rates in December and June.

Pension

As an employee of FHI, you will automatically pay into the Norwegian pension scheme from your monthly salary.

5. Insurance

The public social security system

The public social security system in Norway is called the Norwegian National Insurance Scheme (folketrygden – <https://www.nav.no/en/Home/Rules+and+regulations/Membership+of+the+National+Insurance+Scheme>). To be entitled to benefits, you must be a member of the Norwegian National Insurance Scheme. This applies to:

- all welfare benefits
- health service benefits (treatment by a doctor, psychologist or expenditure on medicines of major importance in long-term use)

As a general rule, all persons resident in Norway are members of the Norwegian National Insurance Scheme. If you have legal employment in Norway, you will become a member of the National Insurance scheme from your first working day even if you are not deemed to be resident here. Membership is automatic. As an employee, you pay a national insurance contribution of 7.8 per cent of your gross income. The contribution is deducted together with tax.

Some employees may be exempt from the Norwegian National Insurance Scheme because they belong to a social security scheme in their home country. If this applies to you, you must document this with a certificate from the national insurance authorities in the country you come from.

Health insurance

You do not need a health insurance in Norway (although many have it anyway to skip the waiting line), only travel insurance and the European health card for when you go overseas. All medical treatment is possible to get through the public social security system described above.

You can apply for the European Health Insurance Card here: <https://www.helsenorge.no/en/health-rights-tourist-abroad/the-european-health-insurance-card/>

Or use the HELSenorgE App to apply.

Travel clinics/where to get vaccinations

If you need a vaccine for work (laboratory work or travel), the institute has an agreement with a clinic, Oslo HMS senter. For private vaccinations, you have different alternatives, eg:

<https://www.reisemedisin.no/> and <http://www.reiseklinikken.no/>.

Information about ECDC Travel insurance

ECDC travel insurance is provided by Cigna International Health Services. All staff and sponsored meeting delegates travelling on behalf of ECDC are covered by this insurance. The insurance takes effect as from the time one leaves their home/office for the meeting/mission and ends upon return to home/office. Times outside this period, including durations with private deviations, are not covered.

Coverage includes, among others, medical expenses as well as costs for repatriation in case of personal accident and/or serious illness, theft, riots etc. For medical expenses, the travel insurance is a complimentary insurance. Any costs or damages that are not covered by the primary insurance (private, national or corporate) will be supplemented by the travel insurance upon a written declaration that such expense had not been covered.

Please note that the ECDC Travel Insurance is only a “top-up” insurance and everyone are expected to have a travel insurance (professional or private) already.

It is recommended to always bring your European Health Insurance Card when travelling in Europe.

Source: ECDC EVA

6. Leaving the country

You can find information on what to do when leaving Norway here –

<https://www.skatteetaten.no/en/person/national-registry/moving/moving-from-norway/>. The process is different for citizens of Nordic countries and citizens of other EU countries.

AT WORK

7. Folkehelseinstituttet

Getting to & from the city/institute

Your office will be in the Department of Infection Control and Preparedness or Infection Control and Vaccine which are located at Lovisenberggata 8.

There are bus stops (Lindern or Fayes gate) just in front of the office. The nearest tram stop is a bit further away (Adamstuen, Ullevål sykehus, or Biermanns gate). You can catch the Flybuss (airport bus) directly to/from the airport from the stop Fayes gate.

There are also bike stands at the institute.

Access card

In the main building of FHI you will get your magnetic access card when you start work (you will have a picture taken, so smile!). This card enables you to enter all the FHI's facilities you'll need. The card is also necessary to print or scan (instructions are near the machines).

Laptop

You will receive a laptop and docking station from FHI. The IT support is helpful (dial 21076300). They format and install all the FHI software. Before the introductory course you need to make sure you have R, STATA and other relevant software installed. Please check also the 'Software Center' app in your laptop for available free software you might need.

Remote Access

Not needed, you can access you FHI folders from anywhere. Be aware that all USB devices must be encrypted with Bitlocker if you want to copy things from your computer to them though. The Sikkersone (area where you can access the surveillance data collected at FHI) is not available outside the FHI servers (i.e. when you are teleworking).

Access to sikker sone

For some projects, you will need access to protected data in the sikker sone because of person-identifiable data. Health registers are here for example. There are some documents on the intranet you will have to complete and submit to your section head and project manager to gain access and start your work. Once the documents are submitted the access is usually granted within 2-3 working days by IT. Be aware, you will need a Norwegian telephone number to receive a code to connect to sikker sone.

Holidays

25 days per year, but you have to save/earn paid holidays (feriepenger) from Jan to Dec the previous year. The calendar year you start the fellowship you have no paid holiday days (but you can use flexible working hours to take a day off), the second year you will have 8 or 9 paid holiday days (from working Sep to Dec the year you started the fellowship), and the last year you have 25 paid holiday days (from working Jan to Dec the previous year).

Public Holidays

May 1st and 17th, Maundy Thursday, Good Friday, Holy Saturday, 1st and 2nd Easter Day, Ascension Day, 1st and 2nd Pentecost, Christmas Eve, Christmas Day, Boxing Day, New Year's Eve and New Year's Day are holidays.

Working Time

Ordinary working hours are on average 37.5 hours per week, and are registered in DFØ* each day (on the website, or more conveniently in the app once you get a form of digital ID like mobile bank ID). The hours are divided into two different periods, respectively, in winter with 38.45 hours per week (15 September – 14 May), and summertime with 35 hours per week (15 May – 14 September). Core hours are 9:00 – 14:30. Between Christmas and New Year the working days are a bit shorter. Total working hours may not exceed 12 hours per day or 48 hours per week.

**DFØ is where you can also register applications for annual leave, reimbursements and travel with the institute (outside of EPIET modules, e.g., for the Nordic Mini Module).*

Lunch

There is a canteen at the institute which serves sandwiches, salad, soup and some warm dishes. You can also bring your own sandwiches or use a microwave oven at the institute. There are unfortunately not many other places to grab lunch near the institute.

Gym

FHI has its own sports club which offers different sports and trainings. There is also a small fitness room in the basement of the main building. Search «bedriftsidrettslag» in Opus (the internal FHI homepage for employees). There are many courses and sports groups you can join for a reduced fee e.g., climbing, skiing, yoga.

You are allowed to use **two work hours per week** for training (not including commuting to and from work). You should record it as “work out during working hours” in DFØ portal.

The FHI has an agreement with Myrens Sportssenter (<https://myrens.no/>), with a reduced fee for employees. There you can work out, have classes, use the largest climbing wall in Scandinavia, play squash or practice your drive in the putting green. You also get 18% discount at the gym chain SATS which has 30+ gyms in Oslo (but you have to sign up for 12 months). The business code for the SATS is available on Opus.

LIVING IN NORWAY

8. A few interesting cultural points

- “You are not to think you're anyone special or that you're better than us”: This is the defining principle of Janteloven ‘The Law of Jante’, a code of conduct from the 1930s known in Nordic countries, that portrays doing things out of the ordinary, being overtly personally ambitious, or not conforming, as unworthy and inappropriate. Some of the specific rules in Janteloven are no longer relevant today, however the general concept of everything in moderation, and

that the individual should not look down on others, think oneself to be more important than others, or be boastful is a quite central in Nordic societies.

- Reserved: Norwegians are known for being reserved, honest, humble and straightforward. Foreigners may find that Norwegians are difficult to get to know, but open up once they are familiar with someone. Once a person makes a Norwegian friend, they will have a friend for life.
- National pride: Norwegians are generally proud of their country. You'll see this first hand on the national day each year, May 17th. The focus is on children. 😊
- Gender equality: As an example, the word for boyfriend or girlfriend, *kjæreste*, literally meaning "dearest," is non gender specific. Love is love!
- Cross-country skiing: Cross-country skiing has a special place in Norwegian culture and history. The word "ski" is actually a Norwegian word, which comes from the Old Norse word "skid", meaning a split length of wood. It is a favourite pastime during winter for most Norwegians. Even when there is no snow in the summer, you'll see people on roller skis rolling around the city! You definitely have to get yourself a pair of skis and get into the tracks in Osloomarka and elsewhere around Norway during your stay. You'll quickly see why Norway came top of the medal table at the 2018 Winter Olympics. See more information on skiing under 'Recreational Activities'.
- Hiking: In Norway they have the phrase 'ut på tur, aldri sur' (literally 'on a hike/walk, never in a bad mood'). To be 'ut på tur' is as Norwegian as cross-country skiing. Apparently eight out of ten Norwegians spend their free time 'ut på tur'. Some prefer forests and fields, while others prefer longer walks in the mountains. The target is often a 'hytte' (a cabin) for a coffee and a 'bolle' (bun), or just to wander in the woods and get into the natural environment. Due to something called "Allemannsretten" (every man or woman's right of public access), you can pitch a tent anywhere in the natural environment that is not on private or public ground, just remember to take all garbage with you! See more information on hiking under 'Recreational Activities'.
- Matpakke: Norwegians almost exclusively eat a cold lunch called 'matpakke', which often consists of sandwiches brought from home. You will notice that some colleagues have an interesting kind of brown cheese (brunost) on their sandwiches, which is an important part of Norwegian gastronomic and cultural identity and heritage. The main ingredient is whey (so it's technically not actually cheese), and is boiled so that the milk sugars turn into caramel, which gives the 'cheese' its characteristic brown colour and sweetness.
- Informal: Compared to many other societies around Europe, Norway, like the other Nordic countries, is relatively relaxed with regards to formalities like dress code and personal titles, and hierarchical systems are quite flat. For example, the greeting 'Hei!' is relatively universal whether you're writing an email to the director of FHI, or greeting a friend in the street.
- No cash: You will almost never need cash in Norway. You can pay with card or Vipps (paying through your phone) almost universally.
- No shoes inside: Always take your shoes off at the entrance to anyone's home. This is especially important in winter when lots of snow, gravel and mud gets on the bottom of your shoes.
- Don't be late: Norwegians stick to their schedules.
- No tipping: In Norway it is not customary to tip.

9. Public transport

The public transport network in Oslo is good. Most places are easily accessible. You can find how to get around using this website <https://ruter.no/en/>. There are no ticket machines on the bus/tram stops, so the easiest way is to get the Ruter app and buy everything through there. You can get a Ruter travel card in their headquarters next to the train station, and you can charge it at specific spots (Narvesen, 7 Eleven, etc.) - Various types of tickets are available; single trips (zone 1= 35 NOK), 24 hours (zone1=105 NOK), 7 days (zone1=249 NOK) or 30 day (zone1=736 NOK) pass. This depends on the zone you live in (<https://ruter.no/en/buying-tickets/zones/>)

<https://en-tur.no/> is a useful site if you plan to travel inside Norway.

From the airport you can take the flybus, the NSB train (normal regional trains) or the airport train (flytoget). All three have apps. The bus takes about 1 hour (depending where you go) and the cost depends on whether you book online (260 NOK return trip), or buy as you get onboard (190 NOK one way). The FlyToget leaves every 10 minutes, takes 20 min from/to the central station and costs 190 NOK. The NSB train takes 26 minutes to the central station and costs about 100 NOK; this ticket is valid for 2.5 hours in Oslo. The NSB train goes less often.

When taking a regional train, if you already have a valid ticket from Ruter (e.g, monthly ticket), you can buy additional city zones directly from the Ruter app. This is useful for the airport tickets for example, but also to visit other areas outside the ticket zone - <https://ruter.no/en/buying-tickets/zones/>.

10. Cycling in the city

Having your own bike is a good option, or alternatively you can get an [Oslo Bysykkel](#) Card (399 NOK per year) which entitles you to take one of the public bikes from their stands. These bikes are available from April to November.

11. Car rental / register foreign vehicle

It can be very convenient to rent a car, especially if you need to go to IKEA or pick up a future you bought on FINN, and of course if you want to explore Norway. There are two very good apps you can use to rent either an electric car or a petrol car. **Getaround** or **HYRE**. You have to register with your driver license, and it will take max a day to get confirmation of your registration.

It is also possible to use a foreign-registered vehicle. More information can be found here: https://www-skatteetaten-no.translate.goog/en/person/foreign/using-a-foreign-registered-vehicle-in-norway/?_x_tr_sl=en&_x_tr_tl=de&_x_tr_hl=de&_x_tr_pto=sc

Norwegian language courses

You can find courses for all levels at several places including: Folkeuniversitetet

<http://www.alfaskolen.no/en/>

(<https://www.folkeuniversitetet.no/eng/Language-courses>), Oslo University
(<https://www.uio.no/english/studies/courses/norwegian-language/index.html>),
<http://www.norsktimen.no/no>, <https://lingu.no/>

<https://www.speaknorsk.no/intensive-courses/>

If you need more time flexibility, alfaskolen provides self-study online courses, where you will receive several writing exercises as well as have six Skype meetings with a teacher (30 min each). During the meetings, you will be able to practice the new vocabulary and grammar learnt in the self-study. To receive a course certificate for the course, you need to have finished 80 % of the course. For intensive courses, you have SpeakNorsk. Each level is 6 weeks (four days a week). This makes it quite fast to advance but also depends on whether you have no modules which would interrupt the course (you can also miss up to 80%). If you buy 2 or more levels at the same time you can get a discount. In addition, once you buy the course package you are allowed to change the start date of the course up to one week before. There are several opportunities in Oslo to join a free Språkkafe in one of the Deichmann libraries. You just have to register in advance. There are different times in different parts of the city. You can find more information here: https://deichman.no/vi-tilbyr/spr%C3%A5kkaf%C3%A9_9df84b80-1290-4eaa-bade-b8d6faaecf34. Very good is the Språkkafe in Tøyen: https://deichman.no/event/spr%C3%A5kkaf%C3%A9-p%C3%A5-deichman-t%C3%B8yen_c7673aec-770b-4ff4-821d-2de81fc7f603

In Tøyen, they also offer a New Amigos Language Café on Tuesday evening (without pre-registration). You can find out more here: New Amigos Language Café - Deichman.no

If you already speak another Scandinavian language, Norskrommet (<http://www.norskrommet.no/>) has some good courses for both Danish and Swedish speakers.

Recreational Activities

In general

Check out <http://www.visitoslo.com/en/> for everything to do and what's on in Oslo. The app is good as well. You also have a quite complete calendar for all the events in Oslo.

Meeting people

Depends what you like, but you can find many groups (e.g. hikinggroups, boardgame groups) on <http://www.meetup.com>, especially for language groups, and groups of people new to Oslo.

Outdoor Sports

Skiing

There are plenty of opportunities to exercise outdoors, and practice all kinds of sports in Oslo. Skiing is a MUST!!! It is the national sport. FHI even has a ski day each year, so you get paid to ski (or take a nice walk if you'd rather). There are cross country tracks throughout the forest surrounding Oslo. The following is the website of the ski association <https://www.skiforeningen.no/>.

And trail maps for cross-country skiing are here;

- <https://www.skiforeningen.no/marka/kart/>

- https://www.skiforeningen.no/marka/showloype.cgi?q=1&sql=&AREA_ID=7&id=&POI_ID=&PREPBY_ID=&search=&sort=byarea
- Skiforeningen app “iMarka” for updates on snow conditions and the most recently prepared tracks

For downhill skiing, Oslo Winter Park (<http://www.oslovinterpark.no/oslo-winterpark>) is the largest and easiest to get to. It's 40 minutes from the centre of town on the metro. Night skiing after work is a good option! A season's pass is 2.900 NOK, or 430 NOK for the day. You can hire gear as well, even for the whole season (if you are quick). They also hire out cross-country skis.

The Holmenkollen ski festival around March is also worth checking out (<https://www.visitoslo.com/en/whats-on/holmenkollen-ski-festival/>).

And for ski shops, if you want to buy any gear, there are many around town but a colleague here at FHI recommended <https://www.oslosportslager.no/>. If you join the skiforening you can get discounts at some stores Intersport and G-sport.

Hiking

Skiing is of course seasonal, but you can hike all year round in Oslo's forests ('Oslomarka'). Just get a map and go. There are lots of cosy 'hytter' (cabins) that you can get a coffee in, (or even stay the night in in some). Popular ones closest to the city are Frognerseteren, Ullevålseteren, Skjennungstua, and Kobberhaughytta.

Den Norske Turistforeningen (The Norwegian Trekking Association), or DNT, is a Norwegian association which maintains mountain trails and cabins in Norway. www.ut.no is their website and app for trip suggestions and maps. Membership costs 695 NOK per year, and with the membership you can get a key to access all the DNT cabins in Norway. You can also join trips all over Norway that are advertised here <https://www.ladnt.no/aktiviteter/> (non-members welcome too).

For Oslo specifically, DNT Oslo & Omegn arranges many tours, including nice guided hikes on weekends just outside Oslo, as well as courses and activates year-round, most of which are free and open to members and non-members. See here <https://outdoorlife.dntoslo.no/joinatour/> or here <https://www.dntoslo.no/aktivitet/>. You can find specific groups to join as well like Vandregruppen (the hiking group) (https://vandregruppa.dnt.no/?_ga=2.29098620.1969843024.1547453327-1395898251.1546870873), and age specific groups (DNT ung OSLO (19-30 years), DNT Oslo 26-45 år, DNT senior OSLO)).

Another option is the facebook group 'Oslo Hiking and Outdoors' (<https://www.facebook.com/groups/706994125994405/>) where people sometimes organise their own events throughout the year, although there appear to be very few during the winter.

Running and cycling

There are many sports clubs in Oslo for running and cycling.

For runners, there is a big selection of groups to get involved with, a few are listed below;

- Interval training every Tuesday, either at Frognerparken in the summer, or indoors at Bislett in the winter. Check out Sportklubben Rye, or this facebook group (<https://www.facebook.com/groups/301774523171955/>).
- Treningscamp (www.treningscamp.com) do hill intervals up to Tryvann Mondays, and interval sessions in Frognerparken Mondays and Wednesdays.

- For the serious trail runner the Stirsdag group (www.stirsdag.no) group does 12km trail running Tuesdays all year round, starting point near Grefsenkollen.
- Every Saturday free 5km park runs in Tøyenparken (www.parkrun.no/toyen)
- The skiing association has free outdoor training outside the skiing season <https://www.skiforeningen.no/kursogarrangement/trening-uten-tak/>
- And every Wednesday you can run around the Sognsvann lake as many laps as you like during one hour www.sognsvannrundtmedsols.no . This group also arranges a number of “motbakkeløp” each year.
- The Løplabbet store in Majorstuen has free interval training every Monday in Frognerparken, see Facebook group Løplabberne <https://www.facebook.com/groups/1796764067206792/>
- Free stair training in Holmenkollen up and down the ski jump on Mondays with <http://www.kollentrappa.no/trappefolket/>

Oslo is a perfect spot for getting out on any type of bike. There are many mountain bike trails in the forests (all year round, if you have the right bike), and some good suggestions for road biking routes are here -

https://www.strava.com/local/paths?activity_type=cycling&parent_region=no®ion=oslo. The ride up and down Tryvann with a view of the city is a great option after work.

Note that winter bike tyres and winter running shoes (or attachable spikes) are advisable when it gets icy (could be anytime from early November).

For a more relaxed stroll, there are also many nice parks around Oslo, particularly the sculpture park in Frognerparken, or along the river towards Maridalsvann.

Other leisure/useful links

- A couple of good travel blogs about Norway: <https://www.heartmybackpack.com/>, <https://www.trailsofnorway.com/>
- Some travel ideas: <https://www.atlasobscura.com/things-to-do/norway/>
- Borrowing sports gear (free hire for a week): <https://www.bua.io/>. Bua Sagene is the closest to FHI.
- Cinema: <http://www.oslokino.no/>, www.cinamateket.no, www.nfkino.no/oslo/, www.odeonkino.no/ . the Cinamateket will reopen in November 2022.
- Tickets for shows/events: <http://www.billettservice.no/>, <http://www.billetluka.no/>, www.ticketmaster.no
- Oslo culture house (more artsy events): <http://kulturhusetioslo.no/>
- List of pub quizzes: <http://www.norgesquizforbund.no/arrangementer/finn-din-pubquiz/>
- Weather info: <http://www.yr.no/place/Norway/Oslo/Oslo/Oslo/>
- Yellow pages and Maps: <http://www.gulesider.no/>
- Daily news programme: <https://tv.nrk.no/serie/dagsrevyen>
- Newspapers: <http://www.aftenposten.no/>, <http://www.vg.no/>, <http://www.dagbladet.no/>
- Easy-read newspaper: www.klartale.no

- Every year there is a book called Lysløypa that have cultural, restaurant and coffee and other cultural activities recommendations. It is written in Norwegian and English and if you bring the book to the places it gives you a discount. You can find the books at several bookshops (e.g., Norli). More information at <https://www.lysloypa.no/>

Supermarkets

The cheapest is probably Rema 1000 www.rema.no. There are a lot of these around Oslo. Alternatives are Kiwi www.kiwi.no, Coop www.coop.no or Meny www.meny.no. Ecological food is more difficult to find, but options are Helios (Hausmanns gate x Torggata) and Gode jord (Maridalsveien).

On Sundays the larger main chain stores are generally closed with a few exceptions, and only the smaller (and more expensive) Bunnpris and Joker supermarkets are open.

There are many shops in Grønland that have vegetables at cheaper prices compared to those in regular supermarkets.

Alcohol in Norway

Alcohol in Norway (anything stronger than 4.7%) is regulated by the state, and only sold through state-run Vinmonopolet shops. This goes way back to the 1920s prohibition and the more recent attempts to curb the high alcoholism rates in the country. Be aware of their opening hours: they're open from 10am to 6pm from Monday-Thursday, 9am to 6pm on Friday, 9am to 4pm on Saturdays, and closed on Sundays.

Other food stores

The food court "Mathallen Oslo" (<https://mathallenoslo.no/en/>) is inspired by the great European food courts. Here you can find specialty shops, cafés and great places to eat. Throughout the year, they are also a venue for different festivals and events celebrating food, drink and good experiences. The pub 'Smelteverket' below is a good place for a beer too.

Meat shop/Butcher

Strøm Larsen. One of the very few remaining butcher shops in Oslo. Expensive but offers a wide selection of good meat. <https://www.strom-larsen.no/>

Fish speciality stores

Vulkanfisk (<http://vulkanfisk.no/en/>). Located in Mathallen Oslo – they have a large Fish Shop and restaurant. Suppliers and fishermen, from all over Norway, deliver fish and shellfish every day.

Also, <http://www.georganilsen.no/> and <https://www.fiskeriet.net/>.

CONTACT

Key contacts at your institute

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Contact information of current and previous fellows

Feel free to contact the current or previous fellows. They have lots of additional information that they are happy to share with you.

Name	Cohort	Track	Email	Nationality, moved from → to	Moved with partner/family
Melanie Stecher	2022	EU-EPIET	Melanie.stecher@gmx.net	German, moved from Cologne to Oslo	No
João Pires	2022	EU-EUPHEM	Jp.dcpires@gmail.com	Portuguese, moved from Zurich to Oslo	No
Beatriz Valcarcel Salamanca	2022	MS-EPIET	beatriz.valcarcelsalamanca@fhi.no	FHI, Oslo, Norway	-
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