

26 Things I Wish I Knew About Norway Before I Moved There



Are you considering moving to Norway? Whether it's for work, study, or simply to experience the natural beauty and vibrant culture of this Scandinavian country, there are several things you should know before making the leap.

1. The High Cost of Living

One of the first things you'll notice when living in Norway is the high cost of living. From groceries to accommodation, be prepared for higher price tags compared to many other countries.



26 Things I Wish I Knew About Norway Before I Moved There: A Brit's Survival Guide

by Bob Martin (Kindle Edition)

★★★★☆ 4 out of 5

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2. Breathtaking Nature

Norway is famed for its stunning natural landscapes, from fjords to mountains and everything in between. Make sure to take advantage of the vast array of hiking trails and outdoor activities available.

3. The Midnight Sun

During the summer months, parts of Norway experience the midnight sun phenomenon, where the sun remains visible even at midnight. It can be disorienting, but also magical.

4. The Northern Lights

On the other hand, during winter, Norway offers the chance to witness the enchanting Northern Lights. Take advantage of the long nights and venture into the wilderness for a chance to see this natural phenomenon.

5. Excellent Healthcare

Norway boasts a top-notch healthcare system. As a resident, you'll have access to quality medical care, ensuring your health and well-being are well taken care of.

6. Work-Life Balance

Norwegians value their work-life balance, with shorter working hours and ample vacation time. Prepare to enjoy a healthier work-life equilibrium!

7. Outdoor Culture

Norwegians have a deep connection to nature, and outdoor activities are an integral part of their culture. Be ready to embrace hiking, skiing, or simply spending time outdoors, no matter the weather.

8. Reserve Your Alcohol

If you enjoy a glass of wine or a pint of beer with dinner, be aware that Norway has strict alcohol regulations. Purchase your alcohol from the government-run stores, and plan accordingly for weekends and holidays when they might be closed.

9. Learning the Language

While many Norwegians speak excellent English, learning the local language, Norwegian, will greatly enhance your experience of living in the country and help you connect with the locals on a deeper level.

10. Cycles of Light and Darkness

In extreme northern parts of Norway, such as Tromsø, you'll experience the phenomena of polar nights during winter and the midnight sun during summer. Prepare for long, dark winters and bright, sunlit summers.

11. Delicious Norwegian Cuisine

Don't miss the opportunity to try traditional Norwegian dishes like rakfisk, lutefisk, and reindeer. Norwegian cuisine is unique and offers a range of flavors worth exploring.

12. Tipping Culture

In Norway, tipping is not mandatory as service charges are typically included in the bill. However, rounding up the amount or leaving a small tip is appreciated.

13. Embrace Public Transportation

Norway has an efficient and extensive public transportation system. Buses, trams, ferries, and trains can take you anywhere you need to go. Say goodbye to traffic jams and hello to stress-free commuting.

14. Emphasis on Equality

Norway is known for its commitment to gender equality. Women hold prominent positions in various sectors, and the society promotes equal opportunities and fair treatment for all.

15. Embracing Hygge

Hygge, a Danish concept of coziness and contentment, has also found its place in Norwegian culture. Get ready to embrace the joy of simple pleasures, like curling up with a good book and a hot beverage.

16. The Power of Patience

Norwegian culture values patience and tranquility. Embrace the slower pace of life and allow yourself to enjoy the journey rather than constantly pursuing destinations.

17. Dress for All Weather

The Norwegian weather can be unpredictable, even during summer. Layer your clothing and always be prepared for sudden changes in temperature and weather conditions.

18. Respect for Nature

Norwegians have a deep respect for nature and strive to preserve its beauty. Follow their example by practicing sustainable habits and leaving no trace when exploring the outdoors.

19. Embrace "Friluftsliv"

Friluftsliv, which translates to "open-air living," is a concept that describes the Norwegian love for outdoor activities and connecting with nature. Embrace this lifestyle and enjoy the countless opportunities for adventure.

20. The Importance of Cabin Culture

Hytte, or cabin culture, is an integral part of Norwegian life. Renting or owning a cabin gives you the opportunity to experience a quieter and slower-paced lifestyle amidst the stunning Norwegian scenery.

21. Respect for Personal Space

Norwegians value their personal space and tend to keep a comfortable distance while interacting. Respect this cultural norm and be mindful of personal

boundaries in social situations.

22. Celebration of National Holidays

Norway celebrates various national holidays with great enthusiasm. Participate in festivities like Constitution Day (May 17th) and experience the vibrant Norwegian spirit.

23. Embrace Cozy Cafes

Cozy cafes, known as "kaffebar," are abundant in Norway. Take the time to relax, indulge in a cup of coffee and a pastry, and enjoy the cozy ambiance.

24. The Adventurous Side of Winter

Winter in Norway offers a plethora of exciting activities, including skiing, snowboarding, and dog sledding. Embrace the winter wonderland and make the most of the colder season.

25. Embracing Slow Travel

Norway's expansive landscapes and breathtaking scenery are best appreciated through slow travel. Take your time to explore the country at a leisurely pace and immerse yourself in its beauty.

26. Embrace the Norwegian Spirit (Dugnad)

The concept of dugnad emphasizes the importance of community and working together. Embrace this spirit and actively participate in communal activities and events to integrate into Norwegian society.

Moving to Norway can be an incredible adventure, but it's essential to be prepared for the unique aspects of Norwegian culture and daily life. With these 26

insights in mind, you'll be well-equipped to make the most of your experience and fully immerse yourself in the wonders of Norway.



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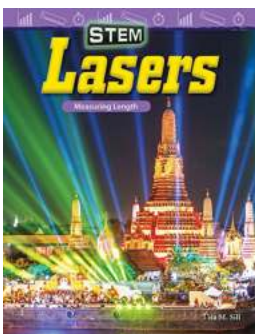
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A humorous list of 26 things I discovered after moving to Norway from the UK which I wish I'd known before I went. This short book will help the new expat navigate some of the quirky and essential knowledge needed about Norway in order to survive there. From alcohol regulations to how to walk on ice, this is an indispensable list to help you get a head start on life in Norway.



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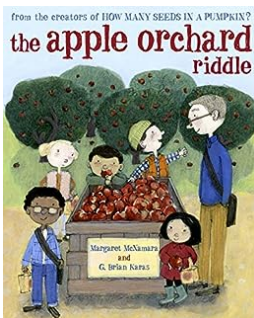
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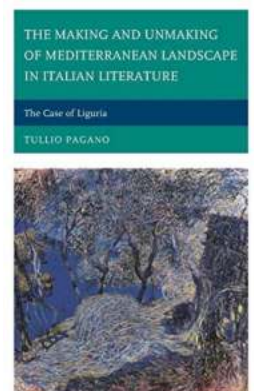
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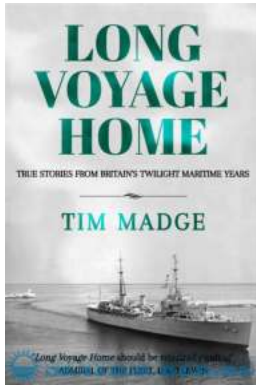
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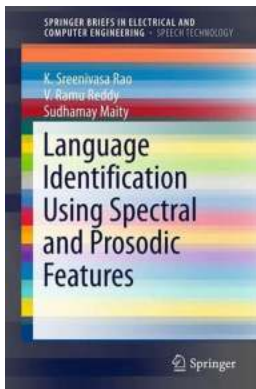
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