



Norway

Deep fjords, the midnight sun, northern lights and a long, proud coast at the top of Europe.

AT A GLANCE

Facts to know

CAPITAL

Oslo

POPULATION

About 5.6 million (Statistics Norway, end of the second quarter of 2026: 5,636,904)

OFFICIAL LANGUAGE

Norwegian, written in two official standards, Bokmål (used by most people) and Nynorsk, and the Sámi languages, spoken by the Indigenous Sámi people, mainly in the north

CURRENCY

Norwegian krone (NOK), in use since 1875

AREA

About 324,000 km² on the mainland; about 385,000 km² including the Arctic islands of Svalbard and Jan Mayen

GOVERNMENT

Constitutional monarchy with a parliamentary system; the parliament, the Storting, has 169 members. As of September 2026 the monarch is King Haakon VIII, who succeeded his father, King Harald V, on 28 August 2026

HIGHEST MOUNTAIN

Galdhøpiggen, 2,469 m, in the Jotunheimen range, also the highest peak in Northern Europe

LONGEST RIVER

The Glomma, 621 km, which flows into the sea at Fredrikstad

NEIGHBOURS

Sweden (1,619 km of border), Finland (729 km) and Russia (196 km) by land. Denmark lies across the Skagerrak and the United Kingdom across the North Sea

DRIVES ON THE

Right

CALLING CODE

+47

A 45-minute trip to Norway

Everything you need is in this pack. No preparation beyond printing. Adapt the timing to your group.

- | | |
|---------------------|---|
| 0 to 5 min | Welcome. Show the map page and find Norway together. Ask: who has been there, or knows someone from there? |
| 5 to 15 min | Read the facts at a glance, then three moments from the story: AD 793: The Viking Age begins; 1814: The Constitution is signed at Eidsvoll; 1994: Lillehammer and a second no to the EU. |
| 15 to 25 min | At the table: talk about Fårikål and Kjøttkaker. Idea: bring a small taste (bread, cheese, fruit, tea) if your kitchen can help. |
| 25 to 30 min | Say it like a local: practise "Hei" (Hi, hello), "God morgen" (Good morning), "Hvordan har du det?" (How are you?). Everyone says them together. |
| 30 to 40 min | Quiz: read the questions aloud, or play the big-screen version at https://worldstroll.com/countries/norway/group . No scores needed. |
| 40 to 45 min | Talk about it (questions page), then stamp or sign everyone's passport page. |

You will need

- This printed pack (one per table, or one each)
- Pens for the quiz
- Optional: a world map or globe, a small tasting, music from the country

Norway and its cities



- Oslo (Oslo): The Royal Palace, The Opera House, with a roof you can walk on, Vigeland's sculptures in Frogner Park, The Nobel Peace Prize, awarded at the City Hall
- Bergen (Vestland): The old wharf of Bryggen, Nickname 'the city of seven mountains', Rain on about 200 days a year, Skillingsboller cinnamon buns
- Trondheim (Trøndelag): Nidaros Cathedral, The old wooden houses of Bakklandet, The Trampe bicycle lift, NTNU, Norway's university of science and technology
- Stavanger (Rogaland): Stavanger Cathedral, The white wooden houses of Old Stavanger, The Norwegian Petroleum Museum, Trips to Preikestolen and the Lysefjord
- Kristiansand (Agder): Kristiansand Zoo and Amusement Park, Beaches such as Bystranda, The Kvadraturen grid, Markens gate, the main pedestrian street
- Ålesund (Møre og Romsdal): Art Nouveau (Jugendstil) buildings, The Art Nouveau Centre (Jugendstilsenteret), Hurtigruten coastal ships, The gateway to the Geirangerfjord
- Tromsø (Troms): Northern lights in autumn and winter, The polar night in midwinter, The midnight sun, The world's northernmost university
- Bodø (Nordland): Ferries to Lofoten, European Capital of Culture 2024, The football club Bodø/Glimt, Strong tidal currents nearby
- Alta (Finnmark): The Rock Art of Alta, The Northern Lights Cathedral, completed in 2013, Northern lights, The midnight sun in summer

- Lillehammer (Innlandet): The 1994 Winter Olympics, Maihaugen, one of Northern Europe's largest open-air museums, Novelist Sigrid Undset's home, Bjerkebæk, UNESCO City of Literature
- Røros (Trøndelag): Old wooden miners' houses, The Rørosmartnan winter market in February, Copper mining history, The church of Røros
- Karasjok (Finnmark): The Sámi Parliament (Sámediggi), Sámi language and culture, The Old Karasjok Church, Lying 12 km from the border with Finland

A short history of Norway

From Viking ships and saint kings to plague, long unions with Denmark and Sweden, a proud constitution, a hard occupation and sudden oil wealth, Norway's story is one of a small nation at the edge of Europe finding its own way.

AD 793 **The Viking Age begins**

On 8 June 793 Norse raiders attacked the monastery of Lindisfarne, off the coast of northeast England. The raid is usually taken as the start of the Viking Age. For the next 270 years Norwegian Vikings raided, traded and settled across the North Atlantic, from Ireland and Scotland to Iceland and Greenland.

AD 872 **Harald Fairhair wins at Hafrsfjord**

At Hafrsfjord, near today's Stavanger, King Harald Fairhair defeated rival kings and became the first king of a united Norway. The battle is traditionally dated to 872, but historians place it somewhere between about 870 and 900, and see unification as a slower process. Three giant bronze swords, 'Swords in Rock', stand by the fjord today.

1030 **The Battle of Stiklestad**

On 29 July 1030 King Olaf II Haraldsson was killed at Stiklestad, in Trøndelag, fighting an army of farmers and nobles. Soon after his death he was honoured as a saint, and Nidaros Cathedral in Trondheim was later built over his grave. Saint Olaf became Norway's patron saint and helped complete the country's conversion to Christianity.

1349 **The Black Death reaches Norway**

In 1349 the plague reached Norway by sea, probably first at Oslo in the spring, and in late summer a ship from England brought it to Bergen. It spread quickly, and scholars estimate that up to 60 percent of the people died by 1350. Norway's population did not recover to its earlier size until the 1600s, and the kingdom was badly weakened.

1380 **The union with Denmark begins**

In 1380 the young Olaf Haakonsson, already King of Denmark, also inherited the throne of Norway. The two kingdoms now shared one king, the start of a union with Denmark that lasted, in different forms, until 1814.

1397

The Kalmar Union

In 1397, at Kalmar in Sweden, Queen Margaret I brought Denmark, Sweden and Norway together under one king. Norway's lands across the sea, such as Iceland, Greenland and the Faroe Islands, came too. Sweden left the union in 1523, but Norway stayed tied to Denmark.

1537

The Reformation comes to Norway

In 1537 the Danish King Christian III made Lutheranism the official religion of Norway. The Catholic archbishop, Olav Engelbrektsson, went into exile, church lands passed to the crown and Norway was bound more tightly to Denmark, ruled from Copenhagen until 1814.

1814

The Constitution is signed at Eidsvoll

Denmark, on the losing side in the Napoleonic Wars, had to hand Norway to Sweden in the Treaty of Kiel. Norwegians refused and met at Eidsvoll, where they signed their own constitution on 17 May 1814. Norway then entered a union with Sweden in November 1814, but kept its constitution and parliament. The constitution is still in force, the second-oldest working national constitution in the world after that of the United States.

1905

The union with Sweden ends

On 7 June 1905 the Storting voted to end the union with Sweden. In a referendum in August, 368,208 voters said yes and only 184 said no. Sweden accepted the separation peacefully, and Prince Carl of Denmark became King Haakon VII after a second vote kept the monarchy.

1911

Amundsen reaches the South Pole

On 14 December 1911 the Norwegian explorer Roald Amundsen and his team became the first people to reach the South Pole, about a month ahead of the British expedition of Robert Falcon Scott. Amundsen had also been the first to sail through the Northwest Passage, from 1903 to 1906.

1940

Germany invades Norway

On 9 April 1940 German forces invaded. In the Oslofjord, guns and torpedoes from Oscarsborg Fortress sank the cruiser Blücher, which delayed the Germans long enough for the King and government to escape. After two months of fighting they went into exile in London. During the occupation, about 765 Norwegian Jews were killed in the

Holocaust, while a resistance movement grew across the country.

1945 **Norway is liberated**

The German forces in Norway surrendered on 8 May 1945, at the end of the war in Europe. King Haakon VII came home to Oslo on 7 June 1945. In the far north, Finnmark had to be rebuilt almost from nothing, because retreating German troops had burned it.

1969 **Oil is found at Ekofisk**

In 1969 the Ekofisk oil field was discovered in the Norwegian part of the North Sea, and production began in 1971. Oil and gas changed Norway's economy, and in 1990 the state created a fund, often called the Oil Fund, to save the income for future generations.

1994 **Lillehammer and a second no to the EU**

In February 1994 Lillehammer hosted the Winter Olympics, and Norway won more medals than any other country. The same year Norway joined the European Economic Area, but in November voters said no to EU membership, 52.2 percent against, just as they had in 1972.

What people eat in Norway

Norwegian food is simple and hearty, built on fish from the cold sea, lamb from the mountain pastures, potatoes, dairy and berries, with old ways of preserving food by salting, drying and curing. Breakfast is bread with cheese and toppings, lunch is often a packed 'matpakke' of open sandwiches, and the main hot meal, 'middag', is eaten early, often between 4 and 7 in the evening.

Fårikål

All of Norway

Mutton or lamb on the bone layered with cabbage and whole black peppercorns, then slowly simmered for hours and served with boiled potatoes. The name means 'mutton in cabbage'.

Kjøttkaker

All of Norway

Flattened, oval meat patties, larger than meatballs, simmered in a brown gravy and served with boiled potatoes, creamed cabbage and lingonberry jam. A classic everyday dinner.

Raspeball (Also komle, klubb, kumle or potetball)

All of Norway; the name changes from region to region

Large, soft dumplings of grated raw potato and flour, boiled and served with salted or boiled pork or lamb, sausages, melted butter and mashed rutabaga.

Gravlaks

All of Norway and the Nordic countries

Raw salmon cured for a day or more in salt, sugar and dill, then sliced thin and served with a sweet mustard and dill sauce on bread or with potatoes. The name means 'buried salmon', from the old way of burying salted fish.

Kanelboller and skillingsboller (Kanelboller, skillingsboller)

Bergen and all of Norway

Soft yeast buns rolled up with butter, sugar and cinnamon, eaten with coffee at any time of day. In Bergen they are called skillingsboller.

Brunost (Brunost (brown cheese))

Gudbrandsdalen and all of Norway

A sweet, caramel-coloured 'cheese' made by boiling whey, milk and cream until the milk sugars turn brown. It is sliced thin with a cheese slicer and eaten on bread, crispbread

or warm waffles. The most popular kind, Gudbrandsdalsost, mixes cow's and goat's milk.

Lutefisk

All of Norway, mostly at Christmas

Dried whitefish, usually cod, soaked for days in water, then in lye, then in water again until it turns soft and jelly-like. It is served with boiled potatoes, mashed peas, bacon and melted butter. Lye is strongly caustic, and the fish is not edible until the lye has been fully soaked out, so buy lutefisk ready to cook rather than making it at home.

Pinnekjøtt

Western and northern Norway

Salted and dried lamb ribs, soaked to remove the salt, then steamed for hours over a layer of birch sticks. It is served at Christmas with mashed rutabaga, potatoes and sausages.

Lefse

All of Norway

A soft, thin flatbread, often made with potato, flour and butter, cooked on a large griddle. It is spread with butter and sugar and rolled up, or wrapped around savoury fillings.

Rakfisk

Norway, made from freshwater fish

Trout or char salted and left to ferment for two to three months or longer, then eaten without cooking on flatbread or lefse with raw onion, sour cream and potatoes. It has a very strong smell. As a raw fish dish, it is best avoided by pregnant women, young children, older people and anyone with a weakened immune system.

Krumkake

All of Norway

Thin, crisp wafers of flour, butter, eggs and sugar, baked in a patterned iron and rolled into cones while hot. They are often filled with whipped cream and made for Christmas.

Kransekake

All of Norway (and Denmark)

A tall tower of 18 or more rings of almond, sugar and egg white, held together with white icing, served on 17 May, at Christmas, weddings and christenings.

Multekrem

All of Norway, especially the mountains and the north

Cloudbberries, golden wild berries of northern bogs and mountains, folded into sweetened whipped cream. It is served as a dessert and used to fill krumkake.

Akevitt

All of Norway and Scandinavia

A strong spirit flavoured with caraway or dill, usually about 40 percent alcohol, drunk in small glasses with Christmas food such as pinnekjøtt and lutefisk. It is for adults only, and best enjoyed slowly and in small amounts.

GOOD MANNERS

At the table

- After a meal, thank the host with 'Takk for maten' (tahk for MAH-ten), 'thanks for the food'. The host may answer 'Vel bekomme', 'you are welcome'.
- The hot main meal, 'middag', is eaten early, often between 4 and 7 in the evening, so plan dinner invitations accordingly.
- Many Norwegians take a packed lunch, a 'matpakke' of simple open sandwiches, to work or school, rather than eating out.
- When raising a glass, say 'Skål!' (SKOAL).
- Tipping is not expected. If you are happy with the service in a restaurant, rounding up or leaving 5 to 15 percent is a kind extra, but it is entirely up to you.

Fårikål

Mutton or lamb on the bone layered with cabbage and whole black peppercorns, then slowly simmered for hours and served with boiled potatoes. The name means 'mutton in cabbage'.

Ingredients

- 1.5 kg lamb or mutton on the bone (neck or shoulder), in thick pieces
- 1.5 kg white cabbage, cut into wedges
- 2 tablespoons whole black peppercorns
- 2 teaspoons salt
- 2 tablespoons plain flour (optional)
- About 500 ml water
- Boiled potatoes, to serve

Method

1. Put a layer of meat, fatty side down, in the bottom of a large, heavy pot.
2. Add a layer of cabbage wedges, sprinkle with salt, peppercorns and a little flour if using.
3. Repeat the layers until everything is used, finishing with cabbage.
4. Pour in the water, bring it to the boil, then cover and simmer very gently for 2 to 3 hours, until the meat falls off the bone.
5. Taste the broth and add salt if needed. Serve hot with boiled potatoes and plenty of the broth.

Kjøttkaker

Flattened, oval meat patties, larger than meatballs, simmered in a brown gravy and served with boiled potatoes, creamed cabbage and lingonberry jam. A classic everyday dinner.

Ingredients

- 500 g minced beef
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon ground nutmeg
- 2 tablespoons potato starch or cornflour
- About 150 ml milk
- Butter for frying
- For the gravy: 3 tablespoons butter, 3 tablespoons flour, 500 ml beef stock
- Boiled potatoes and lingonberry jam, to serve

Method

1. Mix the mince with the salt, pepper, nutmeg and potato starch, then work in the milk a little at a time until soft and smooth.
2. With wet hands, shape about 12 flat oval patties.
3. Brown the patties in butter in a frying pan, a few at a time, and set them aside.
4. For the gravy, melt the butter in a pot, stir in the flour and cook until nut brown, then whisk in the stock little by little until smooth.
5. Put the patties into the gravy and simmer gently for about 15 minutes, until cooked through.
6. Serve with boiled potatoes and a spoonful of lingonberry jam.

Raspeball

Large, soft dumplings of grated raw potato and flour, boiled and served with salted or boiled pork or lamb, sausages, melted butter and mashed rutabaga.

Ingredients

- 1.5 kg floury potatoes, peeled
- About 250 g barley flour, or plain wheat flour
- 1 teaspoon salt
- Salted pork or smoked sausages, to cook with the dumplings
- Melted butter and mashed rutabaga (swede), to serve

Method

1. Put the pork or sausages into a large pot of lightly salted water and bring it to a gentle simmer.
2. Grate the potatoes finely and squeeze out some of the liquid.
3. Mix the potato with the salt and enough flour to make a firm dough that holds its shape.
4. With wet hands, shape round dumplings about the size of a tennis ball.
5. Lower them into the simmering water and cook gently, without boiling hard, for 40 to 45 minutes, turning them now and then.
6. Serve the dumplings with the meat, melted butter and mashed rutabaga.

Gravlaks

Raw salmon cured for a day or more in salt, sugar and dill, then sliced thin and served with a sweet mustard and dill sauce on bread or with potatoes. The name means 'buried salmon', from the old way of burying salted fish.

Ingredients

- 1 kg very fresh salmon fillet, skin on, bones removed, sold as safe to eat raw or frozen first
- 4 tablespoons coarse salt
- 4 tablespoons sugar
- 1 tablespoon crushed white or black pepper
- A large bunch of fresh dill, chopped
- For the sauce: 3 tablespoons mild mustard, 1 tablespoon sugar, 1 tablespoon vinegar, 100 ml oil, chopped dill

Method

1. Safety first: this is raw, cured fish. Freezing kills parasites but not all germs, and pregnant women, young children, older people and anyone with a weakened immune system should avoid it.
2. Mix the salt, sugar and pepper.
3. Cut the fillet in two pieces. Rub the mixture into the flesh and cover with dill.
4. Put one piece skin side down in a dish, lay the other on top skin side up, cover with film and put a light weight on top.
5. Leave in the fridge for 2 to 3 days, turning the fish once a day and spooning the juices over it.
6. Scrape off the dill and salt, slice thinly at an angle and serve with the sauce, made by whisking the mustard, sugar and vinegar, then the oil and dill.

Kanelboller and skillingsboller

Soft yeast buns rolled up with butter, sugar and cinnamon, eaten with coffee at any time of day. In Bergen they are called skillingsboller.

Ingredients

- 500 g plain flour
- 75 g sugar
- 1 teaspoon ground cardamom (optional)
- 1 sachet (12 g) dried yeast
- 300 ml lukewarm milk
- 75 g soft butter
- For the filling: 100 g soft butter, 80 g sugar, 2 tablespoons ground cinnamon
- 1 beaten egg, for brushing

Method

1. Mix the flour, sugar, cardamom and yeast. Add the milk and butter and knead for about 10 minutes to a soft, smooth dough.
2. Cover and leave in a warm place for about 1 hour, until doubled in size.
3. Roll the dough out to a rectangle about 40 by 30 cm. Spread with the butter, then sprinkle with the sugar and cinnamon.
4. Roll it up tightly from the long side and cut into 12 slices. Place them cut side up on lined baking trays.
5. Cover and leave to rise for 30 minutes. Heat the oven to 220 °C.
6. Brush with beaten egg and bake for 10 to 12 minutes, until golden. Cool a little before eating.

Useful phrases

Hei

HAY · Hi, hello

God morgen

goo MOR-en · Good morning

Hvordan har du det?

VOOR-dahn har doo deh · How are you?

Bare bra, takk

BAH-reh BRAH, tahk · Just fine, thanks

Tusen takk

TOO-sen tahk · Thank you very much (literally 'a thousand thanks')

Vær så snill

vair saw SNILL · Please

Unnskyld

UN-shill · Excuse me, sorry

Snakker du engelsk?

SNAHK-er doo ENG-elsk · Do you speak English?

Jeg forstår ikke

yai for-STOR IK-keh · I don't understand

Hvor er toalettet?

voor air too-ah-LET-teh · Where is the toilet?

Hva koster det?

vah KOS-ter deh · How much does it cost?

Jeg heter ...

yai HAY-ter · My name is ...

Hva heter du?

vah HAY-ter doo · What is your name?

Velkommen

vel-KOM-men · Welcome

Skål!

SKOAL · Cheers!

Takk for maten

tahk for MAH-ten · Thanks for the food

Lykke til!

LUE-keh til · Good luck!

Ha det bra

HAH deh BRAH · Goodbye (literally 'have it good')

God jul

goo YOOL · Merry Christmas

Gratulerer med dagen

grah-too-LAY-rer meh DAH-gen · Congratulations on the day, happy birthday

Things you might not know

1. North of the Arctic Circle the sun does not set for part of the summer. At the North Cape the midnight sun lasts from about mid May to late July, in Tromsø from about late May to late July, and on Svalbard from about late April to late August.
2. The northern lights can be seen in northern Norway from about late August to late March, on dark, clear nights, often between 11 pm and 2 am. Tromsø, Alta, Lofoten and Bodø are popular places to look for them.
3. The Nobel Peace Prize is the only Nobel Prize awarded in Norway. Following Alfred Nobel's will, a committee chosen by the Norwegian parliament picks the winner, and the prize is presented every 10 December at Oslo City Hall.
4. Every year since 1947, Oslo has given London a tall Norway spruce for Trafalgar Square, as thanks for British support during the Second World War.
5. As of 2026, Norway has won more Winter Olympic medals than any other country, 447 including 166 golds, after winning a record 41 medals at the 2026 Games in Milan and Cortina.
6. The Lærdal Tunnel on the road between Oslo and Bergen is 24.5 km long. As of 2026 it is the longest road tunnel in the world, and its three large caves are lit in blue and yellow to give drivers a feeling of sunrise.
7. Norway's state Oil Fund, set up in 1990, is the largest sovereign wealth fund in the world. As of 2026 it owns about 1.5 percent of the value of all the world's listed companies.
8. The Svalbard Global Seed Vault, dug into a mountain near Longyearbyen and opened in 2008, keeps back-up copies of seeds from gene banks all over the world, over a million samples.
9. The modern cheese slicer, the 'ostehøvel', was designed by the Norwegian carpenter Thor Bjørklund in 1925 and made in Lillehammer from 1927.
10. On 17 May, Constitution Day, the main events are not military parades but children's parades, with flags, school bands and many people in 'bunad', traditional regional costume. The royal family waves from the balcony of the palace in Oslo.

11. Anyone may walk, ski, pick berries and camp in a tent for up to two nights on open, uncultivated land, even if it is privately owned, as long as they stay at least 150 m from homes and cabins. This right to roam is called 'allemannsretten'.
12. Norwegian has two official written standards. Bokmål grew out of the Danish written language, and Nynorsk was built in the 1800s by Ivar Aasen from the dialects he collected across the countryside.
13. Svalbard, far north in the Arctic Ocean, belongs to Norway under a treaty signed in 1920. People of any nationality may live and work there without a visa, although travelling there through mainland Norway may need a Schengen visa.
14. The 'Law of Jante', a set of rules telling people not to think they are better than anyone else, comes from a 1933 novel by the Danish-Norwegian writer Aksel Sandemose. It is often used to describe the modest, equal spirit of Nordic life.

TALK ABOUT IT

Questions for the group

- Have you ever been to Norway, or has someone in your family? What do you remember?
- Have you ever tasted Fårikål or Kjøttkaker? What is a dish you remember from a trip?
- Oil is found at Ekofisk (1969). Do you remember hearing about it? Where were you then?
- Lillehammer and a second no to the EU (1994). Do you remember hearing about it? Where were you then?
- Have you seen Geirangerfjord, in person or in pictures? Which famous place would you most like to see?
- If you could spend one day in any city of Norway, which would it be and why?

QUIZ

How well do you know Norway?

Circle the right answer. The answers are on the last page.

1. Which German cruiser was sunk in the Oslofjord on 9 April 1940, giving the King and government time to escape from Oslo?

- A) Blücher
- B) Scharnhorst
- C) Bismarck
- D) Admiral Graf Spee

2. What do Norwegians say to the host after a meal?

- A) Lykke til
- B) Takk for maten
- C) Hva heter du?
- D) God jul

3. The Rock Art of Alta was carved by Vikings.

- A) True
- B) False

4. Where is the Sámi Parliament of Norway?

- A) Tromsø
- B) Karasjok
- C) Oslo
- D) Bergen

5. Stavanger is known as the "Oil Capital of Norway".

- A) True
- B) False

6. Which dish, a stew of mutton and cabbage, was voted Norway's national dish?

- A) Fårikål
- B) Pinnekjøtt
- C) Lutefisk

D) Raspeball

7. Bryggen in Bergen was one of the main trading offices of which organisation?

- A) The Hanseatic League
- B) The Hudson's Bay Company
- C) The Kalmar Union
- D) The East India Company

8. What is the capital of Norway?

- A) Stockholm
- B) Trondheim
- C) Bergen
- D) Oslo

9. As of 2026, Norway is a member of the European Union.

- A) True
- B) False

10. What is the Norwegian word for the northern lights?

- A) Midnattssol
- B) Hytte
- C) Snø
- D) Nordlys

11. Who became King of Norway in 1905, after the union with Sweden ended?

- A) Prince Carl of Denmark, as Haakon VII
- B) Olaf II Haraldsson
- C) Harald V
- D) Oscar II of Sweden

12. In the referendum of August 1905, a large majority of Norwegian voters supported ending the union with Sweden.

- A) True
- B) False

Quiz answers

1. A) Blücher

Guns and torpedoes from Oscarsborg Fortress sank the Blücher. The delay let King Haakon VII and the government leave Oslo, and they later went into exile in London.

2. B) Takk for maten

"Takk for maten" means "thanks for the food". The host may answer "Vel bekomme".

3. False

False. The carvings were made from about 4200 BC to 500 BC, thousands of years before the Viking Age.

4. B) Karasjok

The Sámi Parliament, founded in 1989, meets in Karasjok (Kárášjohka), a centre of Sámi language and culture in Finnmark.

5. True

True. After oil was found in the North Sea in 1969, Stavanger grew into the centre of Norway's oil industry.

6. A) Fårikål

Fårikål, "mutton in cabbage", was voted the national dish in the 1970s and again in 2014. It even has its own day, the last Thursday in September.

7. A) The Hanseatic League

German merchants of the Hanseatic League traded at Bryggen from around 1350, storing stockfish from the north and grain from Europe.

8. D) Oslo

Oslo, at the head of the Oslofjord, is the capital and largest city. Bergen and Trondheim are Norway's next largest cities, and Stockholm is the capital of Sweden.

9. False

False. Norwegians voted against joining in 1972 and again in 1994. Norway works closely with the EU through the European Economic Area, which it joined in 1994.

10. D) Nordlys

"Nordlys" means northern lights. "Midnattssol" is the midnight sun, "hytte" a cabin and "snø" snow.

11. A) Prince Carl of Denmark, as Haakon VII

Prince Carl of Denmark, as Haakon VII: he was elected king after a second referendum

kept the monarchy. Oscar II was the Swedish king who gave up the Norwegian throne.

12. True

True. 368,208 voted yes and only 184 voted no, and Sweden accepted the separation peacefully.

Norway visa page

Name: _____ Date: _____



Next stops

Country: _____	Country: _____	Country: _____
Country: _____	Country: _____	Country: _____

Play the interactive version, collect a stamp in your passport:

<https://worldstroll.com/countries/norway>