

## NORWAY

**Country Dialing Code (Tel/Fax): ++ 47****Capital:** Oslo **Time:** GMT + 1 (summer time GMT + 2)

**Background:** Despite its neutrality, Norway was not able to avoid occupation by Germany in World War II. In 1949, neutrality was abandoned and Norway became a member of NATO. Discovery of oil and gas in adjacent waters in the late 1960s boosted Norway's economic fortunes. The current focus is on containing spending on the extensive welfare system and planning for the time when petroleum reserves are depleted. In referenda held in 1972 and 1994, Norway rejected joining the EU.

**Location:** Northern Europe, bordering the North Sea and the North Atlantic Ocean, west of Sweden

**Map References:** Europe**Area:** total: 324,220 sq km land: 307,860 sq km water: 16,360 sq km

**Climate:** temperate along coast, modified by North Atlantic Current; colder interior; rainy year-round on west coast

**Terrain:** glaciated; mostly high plateaus and rugged mountains broken by fertile valleys; small, scattered plains; coastline deeply indented by fjords; arctic tundra in north

**Natural Resources:** petroleum, copper, natural gas, pyrites, nickel, iron ore, zinc, lead, fish, timber, hydropower

**Population:** 4,481,162 (July 2000 est.)**Nationality:** noun: Norwegian(s) adjective: Norwegian**Ethnic Groups:** Norwegian (Nordic, Alpine, Baltic), Lapps (Sami) 20,000**Languages:** Norwegian (official) note: small Lapp- and Finnish-speaking minorities

**Economy:** The Norwegian economy is a prosperous bastion of welfare capitalism, featuring a combination of free market activity and government intervention. The government controls key areas, such as the vital petroleum sector (through large-scale state enterprises), and extensively subsidizes agriculture, fishing, and areas with sparse resources. The extensive welfare system helps propel public sector expenditures to more than 50% of GDP. A major shipping nation, with a high dependence on international trade, Norway is basically an exporter of raw materials and semiprocessed goods. The country is richly endowed with natural resources - petroleum, hydropower, fish, forests, and minerals - and is highly dependent on its oil production and international oil prices. Only Saudi Arabia exports more oil than Norway. Norway imports more than half its food needs. Oslo opted to stay out of the EU during a referendum in November 1994. Growth was a meager 0.8% in 1999 because of weak private consumption and anemic investment activity in the oil and other sectors. Growth should pick up in 2000, perhaps to 2.7%. Despite their high per capita income and generous welfare benefits, Norwegians worry about that time in the next two decades when the oil and gas begin to run out.

**Industries:** petroleum and gas, food processing, shipbuilding, pulp and paper products, metals, chemicals, timber, mining, textiles, fishing.

**Currency:** 1 Norwegian krone (Nkr) = 100 ore

**Railways:** total: 4,012 km standard gauge: 4,012 km 1.435-m gauge (2,530 km electrified; 96 km double track) (1998)

**Highways:** total: 90,741 km paved: 67,602 km (including 128 km of expressways) unpaved: 23,139 km (1998 est.)

**Waterways:** 1,577 km along west coast; navigable by 2.4 m draft vessels maximum

**Ports and Harbors:** Bergen, Drammen, Floro, Hammerfest, Harstad, Haugesund, Kristiansand, Larvik, Narvik, Oslo, Porsgrunn, Stavanger, Tromso, Trondheim

**Airports:** 103 (1999 est.) **Airports - with paved runways:** total: 67 over 3,047 m: 1 2,438 to 3,047 m: 12 1,524 to 2,437 m: 13 914 to 1,523 m: 12 under 914 m: 29 (1999 est.) **Airports - with unpaved runways:** total: 36 914 to 1,523 m: 5 under 914 m: 31 (1999 est.)

**Duty Free:** Residents of European countries: 200 cigarettes or 250g of tobacco products and 200 leaves of cigarette paper (travelers over 18 years of age): 1 litre of spirits and 1 litre of wine (travelers over 20 years of age) or 2 litres of wine and 2 litres

of beer (travelers 18-20 years of age); other goods to the value of NOK1200. Residents of non-European countries: 400 cigarettes or 500g of tobacco products and 200 leaves of cigarette paper (travelers over 18 years of age): 1 litre of spirits and 1 litre of wine (travelers over 20 years of age) or 2 litres of wine and 2 litres of beer (travelers 18-20 years of age only); 50g of perfume and 50cl of eau de cologne; other goods to the value of NOK3500.

**Health:** There are reciprocal health agreements with most European countries. The agreement with the UK allows free hospital in-patient treatment and ambulance travel on presentation of a UK passport.

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**SCANDIC OSLO CITY** ,Tel: 47 23 10 42 00, [oslocity@scandichotels.com](mailto:oslocity@scandichotels.com) ,  
<https://www.scandichotels.com/hotels/norway/oslo/scandic-oslo-city>

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**SMARTHOTEL OSLO**,Tel:47 415 36 500,[post.oslo@smarhotel.no](mailto:post.oslo@smarhotel.no),  
<http://smarhotel.no/oslo>

**SORIA MORIA** , Visiting address: Voksenkollv. 60, 0790 Oslo, Norway. Popular address: Holmenkollen - Tryvann. Tel.: +47 23 222 400, [www.uk.soriamoria.no](http://www.uk.soriamoria.no)

**THE THIEF**,Oslo, Norway, M:0047 24 00 40 00,F:0047 24 00 40 99,  
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**RØROS HOTELL**,Røros, Norway,Phone: 47 72 40 80 00, Fax: 47 72 40 80 01,  
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### SKIEN

**CLARION COLLECTION HOTEL BRYGGE PARKEN**,Skien, Tel:47 35 91 21 00,Faks:47 35 91 21 01,[cc.bryggeparken@choice.no](mailto:cc.bryggeparken@choice.no),  
<https://www.nordicchoicehotels.no/clarion/clarion-collection-hotel-bryggeparken>

### SKJERVOY

**ARCTIC PANORAMA LODGE SKJERVOY**,Phone:47 91612520,  
[info@arcticpanorama.com](mailto:info@arcticpanorama.com) <http://arcticpanorama.com>

### SOGN OG FJORDANE

**TORVIS HOTEL**,Sogn og Fjordane,Tel:47 57 68 35 00, [POST@TORVIS.NO](mailto:POST@TORVIS.NO),  
<http://www.torvis.no>

### SOLA

**CLARION HOTEL AIR**,Sola , Norway,Phone:47 51 71 85 00,  
[cl.air@choice.no](mailto:cl.air@choice.no), <https://www.nordicchoicehotels.com/clarion/clarion-hotel-air>

**SOLA SCANDIC STAVANGER AIRPORT**, Tel:47 51 71 64 00, fax:47 51 71 64 00,  
[stavangerairport@scandichotels.com](mailto:stavangerairport@scandichotels.com),  
<https://www.scandichotels.no/hotell/norge/stavanger/scandic-stavanger-airport>

### STAVANGER

**CLARION HOTEL ENERGY**,Stavanger , Norway, Phone:47 51 34 78 00,  
[cl.energy@choice.no](mailto:cl.energy@choice.no), <https://www.nordicchoicehotels.com/clarion/clarion-hotel-energy>

**COMFORT HOTEL SQUARE**,Stavanger , Norge,Tel:47 51 56 80 00,  
[co.square@choice.no](mailto:co.square@choice.no), <https://www.nordicchoicehotels.no/comfort/comfort-hotel-square>

**RADISSON BLU ROYAL HOTEL**,Stavanger Norway,Tel:47 5176 6000,  
Fax:47 5176 6001,[info.royal.stavanger@radissonblu.com](mailto:info.royal.stavanger@radissonblu.com),  
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### STJORDAL

**QUALITY AIRPORT HOTEL VAERNES**, Stjordal , Norway, Phone:47 74 80 45 00, Fax:47 74 80 46 00, [g.varnes@choice.no](mailto:g.varnes@choice.no), <https://www.nordicchoicehotels.com/quality/quality-airport-hotel-varnes>

### TROMSO

**CLARION COLLECTION HOTEL AURORA**, Tromso , Norway, Phone:47 77 78 11 00, Fax:47 77 78 11 01, [cc.aurora@choice.no](mailto:cc.aurora@choice.no), <https://www.nordicchoicehotels.com/clarion/clarion-collection-hotel-aurora>

**CLARION HOTEL THE EDGE TROMSO**, Phone:47 77 66 84 00, [cl.theedge@choice.no](mailto:cl.theedge@choice.no), <https://www.nordicchoicehotels.com/clarion/clarion-hotel-the-edge>

**COMFORT HOTEL XPRESS TROMSO**, Phone:47 77 60 05 50, [xpress.tromso@choice.no](mailto:xpress.tromso@choice.no), <https://www.nordicchoicehotels.com/comfort/comfort-hotel-xpress-tromso>

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**THON HOTEL POLAR**, Tromsø, TEL:47 77 75 17 00, [polar@thonhotels.no](mailto:polar@thonhotels.no), <http://www.thonhotels.com/hotels/countrys/norway/tromso/thon-hotel-polar>

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**COMFORT HOTEL PARK**, Trondheim , Norge, Tel:47 73 83 39 00, Faks:47 73 83 39 01, [co.park@choice.no](mailto:co.park@choice.no), <https://www.nordicchoicehotels.com/comfort/comfort-hotel-park>

**RADISSON BLU HOTEL, TRONDHEIM AIRPORT**, Trondheim Norway, Tel:47 74843600, [info.trondheim.airport@radissonblu.com](mailto:info.trondheim.airport@radissonblu.com), <https://www.radissonblu.com/en/hotel-trondheimairport>

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## AIRLINES/HELICOPTERS/AIRPORTS

**BERGEN AIRPORT**, Norway, PO Box 34, Flesland, N-5869 Bergen, Tel: +47 55 99 80 00, Fax: +47 55 99 80 10, Website: [www.avinor.no](http://www.avinor.no)

**BRAATHENS ASA**, Region: Europe, Address: Oksøyveien 3 PO Box 55 Fornebu N-1320, Tel: 0047 67 59 70 00, Fax: 0047 67 58 06 63, Web site: [www.braathens.no](http://www.braathens.no) , Stockholder: SAS Group, Main Base: Gardermoen, Oslo

**BODØ AIRPORT** , Norway, Avinor Nordland, Olav V gt 56/60, N-8041 Bodø, Tel: +47 75 54 30 00, Fax: +47 75 54 30 10, Website: [www.avinor.no](http://www.avinor.no)

**HAMMERFEST AIRPORT** , Hammerfest, Norway, Finmarkveien 70, N-9600 Hammerfest, Tel: +47 78 40 68 00/10, Fax: +47 78 40 68 15

**KJEVIK - KRISTIANSAND AIRPORT**, Norway, c/o Avinor, N-4657 Kjevik, Tel: +47 38 06 56 00, Fax: +47 38 06 31 22, Email: [thomas.langeland@avinor.no](mailto:thomas.langeland@avinor.no)

**OSLO - GARDERMOEN AIRPORT** , Norway, PO Box 100, N-2061 Gardermoen, Oslo, Tel: +47 64 81 20 00, Fax: +47 64 81 20 01, Email: [firmapost@osl.telemax.no](mailto:firmapost@osl.telemax.no) , Website: [www.osl.no](http://www.osl.no)

**SAS DANMARK/SAS NORGE/SAS SVERIGE**,, Region: Europe, Address: Frosundaviks Alle 1 Stockholm S-19587, Tel: 0046 8 797 00 00, Fax: 0046 8 797 15

15, Web site: [www.scandinavian.net](http://www.scandinavian.net) , Stockholder: SAS AB, Main Base:Copenhagen, Oslo and Stockholm-

**TRONDHEIM - VÆRNES AIRPORT**, Norway, N-7500 Stjordal, Tel: +47 74 84 33 00, Fax: +47 74 84 30 30, Email: [servicesenter.vaernes@avinor.no](mailto:servicesenter.vaernes@avinor.no) , Website: [www.avinor.no](http://www.avinor.no)

**WIDEROE'S FLYVESELSKAP AS**, Region: Europe, Address: Langstranda PO Box 247 N-8001 Bodo, Tel: 0047 75 51 35 00, Fax: 0047 75 51 35 82, Web site: [www.wideroe.no](http://www.wideroe.no) , Main Base: Bodo

## CRUISES AND SHIPPING LINES

**DFDS SEAWAYS**, Tel: 08705 333 222, Web site: [www.Dfds.co.uk](http://www.Dfds.co.uk)

**IVARAN LINES**, ms Americana, Norway Tel: +47 1311131, Fax: +47 1312714

**RADISSON SEVEN SEAS** Cruises, ms Song of America, Norway, Tel; +47 1313507, Fax: +47 1313507

**ROYAL CARIBBEAN INTERNATIONAL**, ms Sovereign of the Seas, Norway, Tel: +47 1310711, Fax: +47 1310711

**ROYAL CARIBBEAN INTERNATIONAL**,, ms Splendour of the Seas, Norway, Tel: +47 1316155, Fax: +47 1316156

**SEABOURN CRUISE LINE**, ms Seabourn Legend, Norway, Tel; +47 1316175, Fax: +47 1316176

**SEABOURN CRUISE LINE**, ms Seabourn Spirit, Norway, Tel: +47 131064, Fax: +47 1310527

**STAR CRUISES**, ms SuperStar Sagittarius, Norway, Tel: +47 1312151, Fax: +47 1312151

## MUSEUMS/GALLERIES

### OSLO

**KULTURHISTORISK MUSEUM**, Frederiksgate 2, 0164 Oslo, Postadresse: Postboks 6762, St. Olavsplass, 0130 Oslo, Telefon: (+47) 22 85 19 00, Fax: (+47) 22 85 19 38, Epost: [postmottak@khm.uio.no](mailto:postmottak@khm.uio.no), [www.khm.uio.no](http://www.khm.uio.no)

**NOBEL PEACE CENTER**. Rådhusplassen, Oslo. Telefon: +47 48301000, [www.nobelsfredscenter.no](http://www.nobelsfredscenter.no)

**THE NORWEGIAN MUSEUM OF CULTURAL HISTORY** , Museumsveien 10, Bygdøy, N-0287 Oslo, Phone: (+47) 22 12 37 00, Fax: (+47) 22 12 37 77, [nf@norskfolkemuseum.no](mailto:nf@norskfolkemuseum.no), [www.norskfolkemuseum.no](http://www.norskfolkemuseum.no)

**THE FRAM MUSEUM** , Frammuseet, Bygdøynesveien 36, 0286 Oslo Tel: 23 28, Fax: 23 28 29 51 , [www.fram-museum.no](http://www.fram-museum.no)

**VIKING SHIP MUSEUM**, Huk Aveny 35, 0287 OSLO , Telephone: (+47)22135280, Fax: (+47)22859920 , E-mail: [postmottak@khm.uio.no](mailto:postmottak@khm.uio.no) , [www.khm.uio.no](http://www.khm.uio.no)

## NIGHT CLUBS & DISCOS

### OSLO

**HARD ROCK CAFÉ**, Karl Johansgate 45, 0162 Oslo, D: +47 4000 6260, F: +47 2242 0260 , [www.hardrockcafe.no](http://www.hardrockcafe.no)

**LIVING ROOM**, Olav Vs Gate 1, Oslo, Tel: 4000 33 60, E-mail: [post@living-room.no](mailto:post@living-room.no), [www.living-room.no](http://www.living-room.no)

**STRAVINSKY**, Rosenkrantz' gate 17, NO-0160 OSLO, Norway, Norway, Telephone: +47 22 41 17 01 , [www.stravinsky.no](http://www.stravinsky.no)

**TIGER TIGER AS**, Torggata 5, 0181 Oslo, Telefon: 98283223, 98283250, E-Mail: [linder@tigertiger.no](mailto:linder@tigertiger.no) eller [jake@tigertiger.no](mailto:jake@tigertiger.no) , [www.oslo.tigertiger.no](http://www.oslo.tigertiger.no)

**TORS HAMMER**, Tlf. 22 336970, Faks: 22 42 08 82, e-mail: [info@torshammer.no](mailto:info@torshammer.no), [www.torshammer.no](http://www.torshammer.no)

## ENTERTAINMENTS

### OSLO

**COLOSSEUM**, 6 Fridtjof Nansensvei, Oslo 0369, Phone: +47 8203 0001, [www.oslokino.no](http://www.oslokino.no)

**NATIONAL THEATRE**, Johanne Dybwads plass 1, N-0161 Oslo, Norway, Mailing address: Postboks 1225 Vika, N-0110 Oslo, Norway, Telephone: 47 2200 1400, Fax: 47 2200 1690, E-mail: [post@nationaltheatret.no](mailto:post@nationaltheatret.no), [www.nationaltheatret.no](http://www.nationaltheatret.no)

## SHOPPING CENTRES & MALLS

### OSLO

**ADRENALIN SPORTSHOP** , Shopping : Sporting Goods : Multi-Sport Shops 10 Hoffsvveien, Oslo, 0275, +47 2229 4740, Fax: +47 2329 4741, [www.adrenalinsport.no](http://www.adrenalinsport.no)

**AKER BRYGGJE** - Stranden 3B - Postboks 1594 - Vika, 0118 Oslo - Telefon: 22 83 26 80 - Faks: 22 83 80 46, [www.akerbrygge.no](http://www.akerbrygge.no)

**HANDELSTETED BÆRUMS VERK** , Tlf: 67 13 00 18, Faks: 67 13 83 82, [baerumsverk@lovenskiold.no](mailto:baerumsverk@lovenskiold.no), [www.baerumsverk.no](http://www.baerumsverk.no)



## RESTAURANTS &amp; BARS

## BERGEN

- 1877, BERGEN**, Tel: 47 92 87 18 77, Cuisines: European Scandinavian Norwegian Gluten Free Options [booking@restaurant1877.no](mailto:booking@restaurant1877.no), <http://www.restaurant1877.no>
- 26 NORTH RESTAURANT & SOCIAL CLUB BERGEN**, Bergen 5003, Norway, Cuisines: Bar Seafood European Contemporary Scandinavian Norwegian Vegetarian Friendly, Tel: 47 47710467, [bergen@26north.no](mailto:bergen@26north.no), <http://26north.no/bergen>
- BARE VESTLAND**, Bergen, Tel: 919 00 456, Cuisines: European Scandinavian Norwegian Gluten Free Options, [post@barevestland.no](mailto:post@barevestland.no), <http://barevestland.no>
- BASTANT STOLEGATEN**, Bergen, Tlf: 400 72 247, Cuisines: Cafe European Soups Bar Gastropub, [stolen@cafebastant.no](mailto:stolen@cafebastant.no), <http://cafebastant.no>
- BOHA RESTAURANT BERGEN**, Cuisines: French European Scandinavia Norwegian, Tel: 55 31 31 60, [restaurant@boha.no](mailto:restaurant@boha.no), <http://www.boha.no/en>
- BRASILIA BERGEN**, Cuisines: Steakhouse Brazilian Barbecue South American, Tel: 48 30 55 55, [booking@brasilia.no](mailto:booking@brasilia.no), <http://brasilia.no>
- BRYGGERIET MICROBRYGGERI OG RESTAURANT**, Bergen, Norway, Cuisines: Bar European Scandinavian Norwegian, Tel: 475553155, [christine@ricks.no](mailto:christine@ricks.no), <http://www.zabr.no>
- BRYGGELØFTET & STUENE**, Bergen, Cuisines: Seafood European Soups Scandinavian Norwegian, Tel: 55 30 20 70, Fax: 55 30 20 71, [restaurant@bryggeloftet.no](mailto:restaurant@bryggeloftet.no), [www.bryggeloftet.no](http://www.bryggeloftet.no)
- COLONIALEN BERGEN**, TEL: 55 90 16 00, Cuisines: European Scandinavian Norwegian International, [booking@colonialen.no](mailto:booking@colonialen.no), <http://colonialen.no/restaurant>
- DICKENS RESTAURANT BERGEN**, Cuisines: European Soups Scandinavian Norwegian, Tel: 47 55 36 31 30, [booking@dickensbergen.no](mailto:booking@dickensbergen.no), <http://www.dickensbergen.no>
- DON PIPPO BERGEN**, Tlf: 55 31 30 33, Cuisines: European Wine Bar Norwegian Gluten Free Options, [elskerdeg@donpippo.no](mailto:elskerdeg@donpippo.no), <http://www.donpippo.no>
- FG RESTAURANT & BAR**, Bergen 5003, Norway, Tel: 55 55 03 02, Cuisines: European Scandinavian International Norwegian Gluten Free Options, [fg@finnegaarden.no](mailto:fg@finnegaarden.no), <http://www.dethanseatiskhotel.no/restaurant/fg-restaurant>
- INSIDE LIVE & ROCK CAFE**, Bergen, Bergen 5014, Norway, Cuisines: American Bar Pub, Tel: 47 55 90 19 00, [inside@insiderock.no](mailto:inside@insiderock.no), <http://www.insiderockcafe.no>
- KITCHEN & TABLE BERGEN**, Bergen 5004, Norway, Cuisines: European Scandinavian American Norwegian, Tel: 47 55 23 64 00, [bergen@kitchenandtable.no](mailto:bergen@kitchenandtable.no), <http://www.kitchenandtable.no/bergen>
- LYSVERKET, BERGEN**, Cuisines: Seafood European Scandinavian Norwegian, Tel: 47 55603100, [selskap@lysverket.no](mailto:selskap@lysverket.no), <http://lysverket.no>
- MARG & BEIN**, Bergen, Cuisines: British Scandinavian Gluten Free Options, Tel: 47 55 32 34 32, [booking@marg-bein.no](mailto:booking@marg-bein.no), <http://marg-bein.no>
- MUNKEN BISTRO**, Bergen, Cuisines: Peruvian European South American Fusion Gluten Free Options, TEL: 47 474 62 455, [storevik.martinez@gmail.com](mailto:storevik.martinez@gmail.com), <http://www.munken-bistro.no>
- NAMA JAPANESE FUSION BERGEN**, Cuisines: Japanese Sushi Asian Fusion Gluten Free Options, Tel: 55 32 20 10, [post@namasushi.no](mailto:post@namasushi.no), <http://www.namasushi.no/hjem.html>
- PINGVINEN, BERGEN**, Cuisines: Gastropub Bar European Scandinavian Norwegian, Tel: 47 55 60 46 46, [pingvinen@engengruppen.no](mailto:pingvinen@engengruppen.no), <http://www.pingvinen.no>
- ROLL & ROCK BAR AND DINER**, Bergen, Cuisines: American Bar Diner Gluten Free Options, Tel: 553 15 555, [post@rollogrock.no](mailto:post@rollogrock.no), <http://rollogrock.no>
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- SOYA RESTAURANT BERGEN**, Cuisines: Chinese Asian Fusion, Tlf: 56 90 12 55, [restaurant@soyarestaurant.no](mailto:restaurant@soyarestaurant.no), <http://soyarestaurant.no/kontakt-booking>
- SPISEKROKEN**, Bergen, Norway, Phone: 47 55 23 01 15, Fax: 47 55 90 03 87, [post@spisekroken.no](mailto:post@spisekroken.no), <http://www.spisekroken.no/en>
- TO KOKKER**, Bergen, Cuisines: Seafood European Scandinavian Norwegian, Tlf: 55 30 69 55, Fax: 55 30 69 51, [restaurant@tokokker.no](mailto:restaurant@tokokker.no), <http://www.tokokker.no>
- TRATTORIA ITALIANA BERGEN**, Tel: 55609876, Cuisines: Italian Mediterranean European Vegetarian Friendly Gluten Free Options, [info@trattoriaitaliana.no](mailto:info@trattoriaitaliana.no), <http://trattoriaitaliana.no>
- ZUPPERIA BERGEN**, Cuisines: European Asian Soups Scandinavian Norwegian, Tlf: 56 91 91 00, [restaurant@zupperia.no](mailto:restaurant@zupperia.no), <http://zupperia.no>



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[info@dastefano.no](mailto:info@dastefano.no),  
<http://dastefano.no>

## OSLO

- ALEX SUSHI**, Oslo 0254, Norway, Cuisines: Japanese Sushi Asian Gluten Free Options, Tel: 4722439999, [alex@alexssushi.no](mailto:alex@alexssushi.no), <http://www.alexssushi.no>
- BRASSERIE PALEO**, Oslo, Cuisines: European Scandinavian Norwegian International, Tel: 47 23 31 55 80, [paleo@brasseriepaleo.no](mailto:paleo@brasseriepaleo.no), <http://brasseriepaleo.no>
- DINNER BAR & RESTAURANT**, Oslo, Cuisines: Chinese Asian Gluten Free Options, Phone: 47 23 10 04 66, [dinner@dinner.no](mailto:dinner@dinner.no), <http://dinner.no/no>
- ELIAS MAT & SÅNT**, Oslo, Norway, Cuisines: European Soups Scandinavian Norwegian, Phone: 47 22 20 22 21, [booking@cafeelias.no](mailto:booking@cafeelias.no), <http://www.cafeelias.no/en>
- ENGBRET CAFE**, Oslo, Cuisines: Seafood European Scandinavian Norwegian, Tel: 22822525, [post@engebret-cafe.no](mailto:post@engebret-cafe.no), <http://engebret-cafe.no>
- FISKERIET YOUNGSTORGET**, Oslo, tlf: 47 22 42 45 40, Cuisines: Seafood European Soups Scandinavian Norwegian, [youngstorget@fiskeriet.com](mailto:youngstorget@fiskeriet.com), <http://fiskeriet.com>
- HANAMI**, Cuisines: Japanese Sushi Asian Gluten Free Options, Tel: 47 22 83 10 90, [booking@hanami.no](mailto:booking@hanami.no), <http://hanami.no>
- KLOSTERET RESTAURANT**, Oslo, Tlf: 23 35 49 00, Cuisines: French International European Norwegian Scandinavian Gluten Free Options, [bestilling@klosteret.no](mailto:bestilling@klosteret.no), <http://klosteret.no>
- LE BENJAMIN BAR & BISTRO**, Oslo, Tel: 47 22 35 79 44, Cuisines: French European Gluten Free Options, [post@lebenjamin.no](mailto:post@lebenjamin.no), <http://lebenjamin.no/en>
- MAAEMO**, Oslo Norway, Cuisines: European Scandinavian Norwegian, Tel: 47 221 79 969, [booking@maaemo.no](mailto:booking@maaemo.no), <http://maaemo.no>
- MAMMA PIZZA**, Cuisines: Italian Pizza European Gluten Free Options, Tel: 47 915 11 841, [storo@mammapizza.no](mailto:storo@mammapizza.no), <http://mammapizza.no/no/storo.html>
- MEHFEL, OSLO**, Cuisines: Pakistani Halal Vegetarian Friendly Gluten Free Options, Tel: 22:42 37 77, [post@mehfel.no](mailto:post@mehfel.no), <http://www.mehfel.no>
- MISTER INDIA OSLO**, Cuisines: Indian Gluten Free Options, Tel: 22 41 42 00, [post@mister-india.no](mailto:post@mister-india.no), <http://www.mister-india.no>
- RESTAURANT FJORD OSLO**, Tel: 47 22 98 21 50, Cuisines: Seafood European Scandinavian Norwegian, [fjord@restaurantteik.no](mailto:fjord@restaurantteik.no), <http://restaurantfjord.no/en>
- RORBUA**, Oslo 0250, Norway, Tel: 47 22 83 64 84, Cuisines: European Soups Scandinavian Norwegian Seafood Gluten Free Options [post@rorbua.as](mailto:post@rorbua.as), <http://www.rorbua.as>
- RUFFINO RISTORANTE ITALIANO**, Oslo, Tlf: 47 22 55 32 80, Cuisines: Italian Mediterranean European Gluten Free Options, [post@ruffino.no](mailto:post@ruffino.no), <http://www.ruffino.no>
- STATHOLDERGAARDEN OSLO**, Tel: 47 22 41 88 00, Cuisines: Contemporary European Scandinavian Norwegian, [post@statholdergaarden.no](mailto:post@statholdergaarden.no), <http://statholdergaarden.no/en>

# DOGNVILL

BAR & BURGER

Cuisines: American Bar European Diner Gluten Free  
 Options Vegetarian Friendly,  
 Tlf: 47 22830001,  
[post@dognvilltjuvholmen.no](mailto:post@dognvilltjuvholmen.no),  
<http://dognvillburger.no/kontakt/kontakt-tjuvholmen>



- THEATERCAFEEN OSLO**, Cuisines: French European Scandinavian Norwegian, Tel: 47 22 82 40 50, [bord@theatercafeen.no](mailto:bord@theatercafeen.no), <http://www.theatercafeen.no>
- XICH LO, OSLO**, Cuisines: Asian Vietnamese Fusion, Tel: 47 21 62 83 47, [post@xichlo.no](mailto:post@xichlo.no), <http://www.xichlo.no/hjem.html>

**BUS & RAILWAY STATIONS**

**NETTBUSS**, Office Address: Schweigaardsgate 23, Oslo, 5 floor, Postal address: PO Box 1800 Sentrum, 0048 Oslo,t: 05070,[konsern@nett buss.no](mailto:konsern@nett buss.no) , t: 05070, <http://www.nettbuss.no/om-nettbuss>

**NSB ,NORGES STATSBANER AS**,Postboks 1800 Center, 0048 OSLO, NSB Call:815 00 888,<https://www.nsb.no/om-nsb>

**TOURIST OFFICES INFO.**

**FJORD NORGE AS**,Torggaten 3, 5014 Bergen, Norway, [info@fjordnorge.com](mailto:info@fjordnorge.com), <https://www.fjordnorge.com>

**OFFICIAL TOURIST INFORMATION CENTRE FOR OSLO**, phone:47 815 30 555,[info@visitoslo.com](mailto:info@visitoslo.com), <https://www.visitoslo.com/en>

**VISIT NORWAY DEPARTMENT**,P.O. Box 448 Sentrum,N-0158 Oslo, Norwegia, Tel: 47 22 00 25 00,<https://www.visitnorway.pl>

**MONEY EXCHANGE & BANKS**

**NORGES BANK**,P.O. Box 1179 Sentrum,0107 Oslo,Norway, Tel:47 22 31 60 00, <http://www.norges-bank.no/en>

**NORWEGIAN CURRENCY EXCHANGE IN OSLO**,Tel:47 815 30 555, [info@visitoslo.com](mailto:info@visitoslo.com), <https://www.visitoslo.com/en/oslo/practical-information/currency>

**POLICE & LAWYERS**

**ADVOKATFIRMAET HJORT DA**,Akersg. 51, 0180 Oslo, Tel: 22 47 18 00, [ADVOKATFIRMAET@HJORT.NO](mailto:ADVOKATFIRMAET@HJORT.NO) , <https://hjort.no>

**ADVOKATFIRMAET THOMMSEN AS**,Haakon VII's gate 10 , PO Box 1484 Vika, NO-0116 Oslo, T: 47 23 11 Nov. 11,<https://www.thommessen.no>

**CODEX ADVOKAT OSLO AS**,Tel:47 02469, [ADVOKAT@CODEX.NO](mailto:ADVOKAT@CODEX.NO), <http://www.codex.no>

**POLICE**,Oslo police district,Phone: 22 66 90 50 ,Visit Address: Grønlandsleiret 44, Politi.no. Direct Number: 02800, Emergency 112,<https://www.politi.no>

**THE LAW FIRM BA-HR DA**,Tjuvholmen allé 16, 0252 Oslo [post@bahr.no](mailto:post@bahr.no) , <http://www.bahr.no>

**HOSPITALS, DENTISTS**

**ALERIS HOSPITAL FROGNER** ,Frederik Stangs gate 11-13, 0264 Oslo, tel 22:54 10:00 [info.oslo@aleris.no](mailto:info.oslo@aleris.no) , <https://www.aleris.no/Om/Om-Aleris>

**CHRISTIANIA TANNLEGESENTER MALO CLINIC**,0188 Oslo, tel 21 50 77 94,[post@christiania-tannlegesenter.no](mailto:post@christiania-tannlegesenter.no) , <http://www.christiania-tannlegesenter.no>

**LOVISENBERG DEACONESS HOSPITAL AS**,0440 Oslo, Lovisenberggata 17, Tel:23 22 50 00 [post@lds.no](mailto:post@lds.no) , <https://www.lds.no>

**OSLO UNIVERSITY HOSPITAL**,tel: 02770 (domestic) ,47 915 02770 (abroad), [post@oslo-universitetssykehus.no](mailto:post@oslo-universitetssykehus.no) , <https://oslo-universitetssykehus.no/om-oss>

**SPEDENT**,Oslo, Tel:22 95 51 00 ,Faks:22 95 51 10,[post@spedent.no](mailto:post@spedent.no), <http://spedent.no/her-finner-du-oss>

**TORSHOV TANNLEGESENTER AS**,Fagerheimgata 18,0475 OSLO, Tel: 22 37 66 31,[post@torshovtannlegesenter.no](mailto:post@torshovtannlegesenter.no) , <http://torshovtannlege.no>

**EMBASSY&CONSULATE**

**AMERICAN EMBASSY IN OSLO**, Henrik Ibsens gate 48,0244 Oslo, Norway, TEL:47 21 30 85 40,FAX:47 22 44 83 77,[hro-oslo@state.gov](mailto:hro-oslo@state.gov) , [www.norway.usembassy.gov](http://www.norway.usembassy.gov)

**BRITISH EMBASSY IN OSLO, NORWAY**, Thomas Heftyes gate 8, 0244 Oslo, Norway,TEL:47 23 13 27 00,FAX:47 23 13 27 41,[ukinnorway@fco.gov.uk](mailto:ukinnorway@fco.gov.uk) , [www.gov.uk/government/world/norway](http://www.gov.uk/government/world/norway)

**FRENCH EMBASSY IN OSLO, NORWAY**,Drammensveien 69, 0244 Oslo, Norway,TEL:47 23 28 46 00,FAX:47 23 28 46 70, [ambafrance.oslo@diplomatie.gouv.fr](mailto:ambafrance.oslo@diplomatie.gouv.fr) , [www.ambafrance-no.org](http://www.ambafrance-no.org)

**GERMAN EMBASSY IN OSLO, NORWAY**,Oscars gate 45,0244 Oslo, Norway,TEL:47 23 27 54 00,FAX:47 22 44 76 72,[info@oslo.diplo.de](mailto:info@oslo.diplo.de) , [www.oslo.diplo.de](http://www.oslo.diplo.de)

**ITALIAN EMBASSY IN OSLO, NORWAY**,Inkognitogaten 7,0244 Oslo, Norway, TEL:47 23 08 49 00,FAX:47 22 44 34 36,[ambasciata.oslo@esteri.it](mailto:ambasciata.oslo@esteri.it), [www.amboslo.esteri.it](http://www.amboslo.esteri.it)

**JAPANESE EMBASSY IN OSLO, NORWAY**,Haakon VII's gate 9,0244 Oslo, Norway,TEL:47 22 01 29 00,FAX:47 22 44 25 05, [info@os.mofa.go.jp](mailto:info@os.mofa.go.jp) , [ryouji@os.mofa.go.jp](mailto:ryouji@os.mofa.go.jp) , [www.no-emb-japan.go.jp](http://www.no-emb-japan.go.jp)

**POLISH EMBASSY IN OSLO, NORWAY**,Olav Kyrres plass 1,0244 Oslo, Norway,TEL:47 24 11 08 50,FAX:47 22 44 48 39,[oslo.info@msz.gov.pl](mailto:oslo.info@msz.gov.pl) , [www.oslo.msz.gov.pl](http://www.oslo.msz.gov.pl)

**EVENTS**

**BERGENFEST (ROCK, POP, HIP HOP, AND FOLK MUSIC)**, Bergenhus 13, 5003 Bergen ,Tel:47 55215060 , [info@bergenfest.no](mailto:info@bergenfest.no) , <https://www.bergenfest.no>

**BERGEN International Festival (concerts, ballet, opera, theater)**, Vaskerelvsmauet 6, 5014 Bergen,Pb. 183 Sentrum, 5804 Bergen,Tel: 55 21 06 30,Fax: 55 31 24 47,[info@fib.no](mailto:info@fib.no) , <http://www.fib.no/en/About-the-festival>

**GLADMAT (FOOD FESTIVAL)**, STAVANGER, Mona Vervik, [mona@gladmat.no](mailto:mona@gladmat.no) , <http://gladmat.no>

**INTERNATIONAL CHAMBER MUSIC FESTIVAL, STAVANGER**, Katrine Lilleland managing director,Tel:47 93268993, [katrine@kammermusikkfestivalen.no](mailto:katrine@kammermusikkfestivalen.no) , <http://www.kammermusikkfestivalen.com>

**MAIJAZZ**, Sandvigå 7, 4007 Stavanger Tlf: 51 84 66 68 <http://majjazz.no>

**OSLO MIDDELALDERFESTIVAL**,Henrik Høie tlf: 926 12 692, Cathrine Kleivdal tlf: 452 33 887,<http://oslomiddelalderfestival.org>

**ULTIMA CONTEMPORARY MUSIC FESTIVAL, OSLO**, Upper Slottsgate 3,N-0157 Oslo,Tel:47 22 40 18 90,[info@ultima.no](mailto:info@ultima.no) , <http://ultima.no>



Trolltunga i solnedgang