

NORWAY RISK ASSESSMENT



City & Country

Norway, Oslo

Prepared by

Sussex Abroad Office

Before you go –

The Foreign and Commonwealth Office provides travel advice by country. It covers safety and security, local laws and customs, entry requirements, health and natural disasters along with a host of other useful information. We strongly recommend that students read the section related to their destination prior to departure and before undertaking any trip to another part of the county/region.

<http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/>

VISA REGULATIONS

If your passport describes you as a British Citizen you won't need a visa to enter Norway. If you have another type of British nationality, you should check the current entry requirements on the website of the Norwegian Directorate of Immigration (UDI) and if necessary confirm with the Norwegian Embassy. For stays of longer than 3 months, contact the Norwegian Embassy for further information about entry requirements. Border controls were reintroduced on 26 November at all ferry crossings from Sweden, Denmark and Germany. There will also be additional border controls on the Sweden/Norway land border. Make sure you carry a valid passport on all these routes.***Please note that due to Brexit, these regulations are subject to change. Keep up to date with the information provided on the FCO website***

HEALTH

If you're visiting Norway you should get a free European Health Insurance Card (EHIC) before leaving the UK. The EHIC isn't a substitute for medical and travel insurance, but it entitles you to state provided medical treatment that may become necessary during your trip. Any treatment provided is on the same terms as Norwegian nationals. If you don't have your EHIC with you or

you've lost it, you can call the Department of Health Overseas Healthcare Team (+44 191 218 1999) to get a Provisional Replacement Certificate. The EHIC won't cover medical repatriation, ongoing medical treatment or non-urgent treatment, so you should make sure you have adequate travel insurance and accessible funds to cover the cost of any medical treatment and repatriation. ***Please note that due to Brexit, these regulations are subject to change. Keep up to date with the information provided on the FCO website***

TERRORISM

Terrorist attacks in Norway can't be ruled out. Attacks could be indiscriminate, including in places visited by foreigners. There's a heightened threat of terrorist attack globally against UK interests and British nationals from groups or individuals motivated by the conflict in Iraq and Syria. You should be vigilant at this time

Find out more about the [global threat from terrorism](#), how to minimise your risk and what to do in the event of a terrorist attack.

Type	Nature of the Hazard	Procedures to Minimise Risk
CRIME	Crime levels are low, but there's a risk of petty theft, particularly in airports and railway stations in and around Oslo.	Take sensible precautions to protect your belongings, particularly your passport, money and credit cards.
	Remain alert when walking home alone at night, and stick to main roads and well lit areas.	Avoid shortcuts and quiet roads with no other pedestrians.
DRUGS	Drugs and drink driving laws are stricter in Norway than in the UK.	Don't become involved with drugs of any kind. Possession of even small quantities

		can lead to heavy fines and/or imprisonment.
CLIMATE	The winter is long (it can last well into April) and temperatures can drop to -25°C and below. There is also a high wind chill factor, particularly in unsheltered areas and mountain ranges. Weather conditions can worsen quickly.	Bring warm clothes and practical footwear to cope with icy roads and pavements. You can buy special clamp-on grips (brodder) to give extra security in icy conditions locally. If you are taking part in skiing, hiking or other off road activities use the correct equipment. You can get advice at local information centres, which in smaller places tend to be connected with skiing equipment rental shops

Please also note and be sensitive to the following:

- Mosquitoes and midges can be a problem in forest, lake and mountainous regions. Bans on campfires are strictly enforced in many areas during the summer months. If you plan to go off the beaten track or out to sea, seek local advice about weather conditions and have suitable specialist equipment. The weather can change rapidly, producing Arctic conditions even in summer on exposed mountain tops. If you are a British national living in or visiting the Netherlands you can use your passport.
- **Arctic Travel** Large numbers of British nationals travel successfully and safely in and around the Arctic each year. The Arctic is, however, a vast region, comprising the northerly areas of Canada, Finland, Greenland (Denmark), Iceland, Norway, Russia, Sweden and Alaska (United States). In addition to reading the specific travel advice for each of these countries, prospective visitors to the Arctic should also consider carefully the potential remoteness of certain destinations from search and rescue, evacuation and medical facilities. Independent travellers are particularly advised to develop contingency arrangements for emergency back-up.

The most popular way of visiting the Arctic is by ship. As some areas of the Arctic -specifically the more northerly and remote regions - can be uncharted and ice-covered, you should check the previous operational experience of cruise and other operators offering travel in the region. You should also consider the on-board medical facilities of cruise ships and talk to cruise operators as appropriate, particularly if you have a pre-existing medical condition.

The eight Arctic States take their international search and rescue obligations very seriously, and have recently signed a binding agreement on search and rescue co-operation in the Arctic. However, in the highest latitude regions of the Arctic, cruise ships may be operating in relative isolation from other vessels and/or inhabited areas. You should be aware that in these regions, search and rescue response will often need to be despatched from many hundreds of miles away, and assistance to stranded vessels may take several days to arrive, particularly in bad weather. Search and rescue assets are also likely to offer only basic transport and basic medical care, and are unlikely to be capable of advanced life-support. Responsible cruise operators should happily provide additional information relevant to the circumstances of the cruise they are offering, and address any concerns you may have.

Consular assistance and support to British nationals in the Arctic will be affected by the capacity of national and local authorities. You should make sure you have adequate travel insurance and accessible funds to cover the cost of any medical treatment or potential repatriation.