

Overseas Travel Risk Assessment: Student Mobility – Norway

The purpose of this Risk Assessment is to ensure that members of the University community are unlikely to be exposed to unacceptable risks which could affect their health, safety or security when travelling abroad on behalf of the University.

This form should be completed by the individual wishing to travel prior to making any firm arrangements to travel, and must be completed in discussion with the relevant line manager or supervisor, allowing sufficient time in advance of travelling for any issues to be addressed.

Before completing this form you should ensure that you (and your manager/supervisor) are familiar with the contents of the Health and Safety and Insurance webpages on travelling abroad.

When completed and approved this risk assessment and its associated itinerary should be carried by the traveller(s) and a copy retained by the Department. Queries on the completion of this assessment should be directed to HealthandSafetyAdmin@warwick.ac.uk

Please consider when completing this form how the country you intend to visit is managing the Covid-19 outbreak. In particular, it may be helpful to consider access to local medical facilities, how local transport is being managed and any local guidelines and social behaviours you may need to adopt

Department:	Student Mobility, Student Opportunity
Location(s) to be visited:	Norway
Purpose of journey:	Student Mobility
Name and role of traveller(s):	List held with Student Mobility
Name of line manager or supervisor:	Jonathan French/Maria Fox (Head of Student Mobility)
Dates of proposed travel:	Academic Year 2026 – 2027
Information taken from:	https://www.gov.uk/foreign-travel-advice/ (FCDO)
Living In Country Guidance	https://www.gov.uk/guidance/living-in-norway Before you travel No travel can be guaranteed safe. Read all the advice in this guide and any specific travel advice that applies to you: <ul style="list-style-type: none"> • women travellers • disabled travellers • LGBT+ travellers

- [solo and independent travel](#)
- [volunteering and adventure travel](#)

Travel insurance

If you choose to travel, research your destinations and [get appropriate travel insurance](#). Insurance should cover your itinerary, planned activities and expenses in an emergency.

About FCDO travel advice

The Foreign, Commonwealth & Development Office (FCDO) provides advice about risks of travel to help British nationals make informed decisions. Find out [more about FCDO travel advice](#).

[Sign-up for FCDO travel advice email alerts](#) and follow FCDO travel advice on [Twitter](#) and [Facebook](#)

Hazard/Consideration	Risk (High / Medium / Low)	Mitigating Actions (please add to or amend as appropriate)	Comments / Actions
Coronavirus			
Money			<p>The currency in Norway is the Norwegian Krone.</p> <p>Research and make yourself fully aware of the cost of living for Norway. Some countries have a significantly higher cost of living than the UK, and this can seriously impact your placement. We have received feedback from previous students that being aware of this and having fully prepared for the increased cost is essential.</p>
Visa Applications/Entry			<p>This information is for people travelling on a full ‘British citizen’ passport from the UK. It is based on the UK government’s understanding of the current rules for the most common types of travel. The authorities in Norway set and enforce entry rules. If you’re not sure how Norway’s entry requirements apply to you, contact the Norwegian Embassy in the UK.</p> <p>Passport validity requirements Norway follows Schengen area rules. Your passport must:</p> <ul style="list-style-type: none"> • have a ‘date of issue’ less than 10 years before the date you arrive – if you renewed your passport before 1 October 2018, it may have a date of issue that is more than 10 years ago • have an ‘expiry date’ at least 3 months after the day you plan to leave the Schengen area (the expiry date does not need to be within 10 years of the date of issue) <p>Check with your travel provider that your passport and other travel documents meet requirements. Renew your passport if you need to.</p> <p>You will be denied entry if you do not have a valid travel document or try to use a passport that has been reported lost or stolen.</p>

Visa requirements

You can travel without a visa to the Schengen area, which includes Norway, for up to 90 days in any 180-day period. This applies if you travel:

- as a tourist
- to visit family or friends
- to attend business meetings, cultural or sports events
- for short-term studies or training

The requirements for [working in Norway](#) are different.

If you're travelling to other Schengen countries as well, make sure your whole visit is within the 90-day limit. Visits to Schengen countries in the 180 days before you travel count towards your 90 days. If you overstay the 90-day visa-free limit, you may be banned from entering Schengen countries for up to 3 years.

Until the Entry-Exit System (EES) is fully rolled out, make sure you get your passport stamped on entry and exit (read 'New Schengen entry requirements').

Make sure you get your passport stamped on entry and exit.

If you're a visitor, border guards will look at your entry and exit stamps to check you have not overstayed the 90-day visa-free limit for the Schengen area.

If your passport is missing a stamp, show evidence of when and where you entered or left the Schengen area (for example, boarding passes or tickets) and ask the border guards to add the date and location in your passport.

At Norwegian border control, you may also need to:

- show proof of your accommodation, for example, a hotel booking confirmation or proof of address for a second home
- show proof of your travel insurance
- show a return or onward ticket
- prove that you have enough money for your stay – the amount varies depending on your accommodation

Staying longer than 90 days in a 180-day period

To stay longer, you must meet the Norwegian government's entry requirements. Check which type of visa or work permit you need with the [Norwegian Embassy in the UK](#).

If you are in Norway with a residence permit or long-stay visa, this does not count towards your 90-day visa-free limit.

Read about [entry processes if you live in Norway](#).

New Schengen entry requirements

From 12 October 2025, the European Union's (EU) new Entry/Exit System (EES) will begin roll out.

This means that when you travel into the Schengen area for short stays, you may need to register your biometric details, such as fingerprints and a photo. You do not need to take any action before you arrive at the border, and there is no cost for EES registration. On your first visit into a Schengen country from 12 October onwards, you may be asked to register your details at a special booth before proceeding to the immigration desk. Follow directions from your travel operator or the staff at your port of entry. You may also need to provide either your fingerprint or photo when you leave the Schengen area. Children aged 11 or younger will not have their fingerprints scanned but can be required to have their photo taken.

EES may take each passenger a few extra minutes to complete so be prepared to wait longer than usual at the border.

EES will not be rolled out to all ports of entry at once, the numbers of passengers being registered at each port of entry will vary, and some destinations may take up to 6 months to fully roll out the new process.

Until EES is fully rolled out your passport will continue to be stamped, even if you've already been registered for EES. Once EES is fully rolled out, it will replace the current system of manually stamping passports when visitors arrive in the Schengen area for short stays and you will input biometric details every time you enter or exit.

If you enter the Schengen area through the Port of Dover, Eurotunnel at Folkestone or Eurostar at St Pancras International and you are asked to register for EES, the information will be taken at the border before you leave the UK.

Read more [information on the EU Entry/Exit System and to understand which countries are in the Schengen area](#).

Svalbard

You'll need your passport to travel to and enter the Svalbard archipelago.

Vaccine requirements

For details about medical entry requirements and recommended vaccinations, see [TravelHealthPro's Norway guide](#).

Customs rules

There are strict rules about [goods you can take into or out of Norway](#). You must declare anything that may be prohibited or subject to tax or duty.

It is illegal to import whale meat from Norway into the UK. You could get a fine of up to £5,000 or a prison sentence.

Russian vehicle restrictions

There are [restrictions on vehicles with Russian licence plates](#) in Norway.

			<p>Taking food into Norway You cannot take meat, milk or products containing them into EEA countries without special permission. There are some exceptions such as powdered baby milk, baby food and special foods or pet feed required for medical reasons.</p> <p>Taking money into Norway Declare cash or travellers cheques if the value is 25,000 Norwegian krone or more. If you do not declare it, you could get a substantial fine and temporary confiscation of the excess money, which may then be released only through a bank.</p>
<p>Local knowledge, understanding of customs and conditions</p> <p>Cultural differences</p>	<ul style="list-style-type: none"> • Experience of travel to, or working in, the region before • Obtain guidance and information from the host organisation • Research via relevant web-sites • Consider dress, behaviours and sensitivities • Local laws, fees or levies. • Awareness of attitudes towards protected characteristics, e.g. disability, sexual orientation, gender reassignment etc. • Dress in accordance with local laws/customs • Avoid behaviour that may fall foul of local customs/laws/cultures. • Report and support at Warwick: https://warwick.ac.uk/students/welcome/spring/livingatuniversity/reportandsupport 	<p>Illegal drugs Illegal drugs, including cannabis, carry severe penalties. You should expect a long jail sentence and heavy fines for possessing, using or smuggling illegal drugs, including when transiting through the airport. Airports in Norway have excellent technology and security for detecting illegal items. This is also used to scan the baggage of transiting passengers.</p>	
<p>Equality and Diversity LGBTQ information</p>		<p>No advice specifically for Norway but please see general LGBTQ travel advice at https://www.gov.uk/guidance/lesbian-gay-bisexual-and-transgender-foreign-travel-advice.</p>	
<p>Social/Political Unrest or Terrorism:</p>	<ul style="list-style-type: none"> • Check the FCDO website for up-to-date advice. • If the FCDO advises against travel to destination(s) on safety/security grounds then 	<p>Terrorism There is a high threat of terrorist attack globally affecting UK interests and British nationals, including from groups and individuals who view the UK and British nationals as targets. Stay aware of your surroundings at all times.</p>	

		<p>seek approval from HoD/Line Manager</p> <ul style="list-style-type: none"> • Consider not just the country in question but also any territories as identified in FCDO pages • Reschedule visit or modify itinerary if at all feasible. 	<p>UK Counter Terrorism Policing has information and advice on staying safe abroad and what to do in the event of a terrorist attack. Find out how to reduce your risk from terrorism while abroad.</p> <p>Terrorism in Norway Terrorist attacks in Norway cannot be ruled out.</p> <p>Political demonstrations Demonstrations in Norway are usually peaceful. If you're near areas where demonstrations are taking place, follow the advice of local authorities and move away if there are signs of disorder.</p>
<p>Crime:</p> <p>Personal attack / kidnap: Dangers associated with travelling alone; arriving at night, etc.:</p> <p>Theft or loss of ID documents and other belongings: passport, driving license, bank cards, travel tickets, laptop</p>		<ul style="list-style-type: none"> • Awareness of risk of theft or pickpockets • Awareness of local scams or hotspots • Cash and card security/awareness • Be aware of specific local risks • Precautionary measures should be taken to protect personal safety. • Inform hosts of itinerary. • Be aware of specific local risks. • Travel during daylight hours if possible. • Keep items secure. • Record details of numbers, issue dates, etc. and store separately both with you and at home. • Have emergency contact numbers • Report to police if theft suspected • Minimise amount of cash carried 	<p>Crime There's a small risk of petty theft, particularly at airports and railway stations in and around Oslo.</p> <p>Warwick Business Travel Insurance Details</p> <p>Only emergency medical treatment is covered under this policy. Please note that there is no emergency medical cover if you are a national in the country you need medical attention in. For emergency medical assistance or security assistance (if there is risk to your personal safety) please call the number on the following page: https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas</p> <p>Report and Support: https://reportandsupport.warwick.ac.uk/</p> <p>Wellbeing Services: https://warwick.ac.uk/services/wss/</p>
<p>Travel Preparation</p>		<ul style="list-style-type: none"> • Up to date EHIC/GHIC if eligible (transit) • Valid vehicle insurance (you cannot use the Business Travel Insurance policy). 	<p>Before you travel check that:</p> <ul style="list-style-type: none"> • your destination can provide the healthcare you may need • you have appropriate travel insurance for local treatment or unexpected medical evacuation <p>This is particularly important if you have a health condition or are pregnant.</p>

			<p>Health insurance cards</p> <p>To get medically necessary state healthcare in Norway, you can now also use the Global Health Insurance Card (GHIC) or European Health Insurance Card (EHIC).</p> <p>The NHS's getting healthcare abroad webpage has details about:</p> <ul style="list-style-type: none"> • how to apply for a GHIC • how to get temporary cover if you lose your card or it does not arrive in time • who qualifies for a new EHIC instead of a GHIC • what treatment counts as medically necessary <p>A GHIC or EHIC is not an alternative to travel insurance. You may have costs your GHIC or EHIC does not cover, including:</p> <ul style="list-style-type: none"> • changes to travel and accommodation bookings • additional standard costs for treatment • medical repatriation to the UK • treatment that is ruled non-urgent • private healthcare • private clinics <p>There is also guidance on healthcare if you're living in Norway.</p> <p>Warwick Business Travel Insurance Details</p> <p>Only emergency medical treatment is covered under this policy. Please note that there is no emergency medical cover if you are a national in the country you need medical attention in. For emergency medical assistance or security assistance (if there is risk to your personal safety) please call the number on the following page: https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas</p> <p>Report and Support: https://reportandsupport.warwick.ac.uk/</p> <p>Wellbeing Services: https://warwick.ac.uk/services/wss/</p>
<p>Exposure to infection: Known endemic illnesses in destination(s)</p>		<ul style="list-style-type: none"> • Take medical advice and arrange vaccination/inoculation/prophylaxis as appropriate • Consider the following conditions in particular: Cholera, Diphtheria, Hepatitis B, Japanese Encephalitis, Malaria, Meningitis, Poliomyelitis, Tetanus, Tick-borne Encephalitis, 	<p>Vaccine recommendations and health risks</p> <p>At least 8 weeks before your trip:</p> <ul style="list-style-type: none"> • check the latest information vaccine recommendations for Norway • see where to get vaccines and whether you have to pay on the NHS travel vaccinations page <p>See what health risks you'll face in Norway.</p>

		Tuberculosis, Typhoid and Yellow Fever.	
Pre-existing medical conditions		<ul style="list-style-type: none"> • Take medical advice. • Carry written details of medical condition, adequate supplies of prescribed medication, details of blood group, etc. • Consider translation of information into local language. • Share with colleagues where appropriate 	<p>If you're on prescription medication, make sure you bring enough with you or have access to a supply in Norway. Certain medicines may not be available and you <u>may be prohibited</u> from bringing others into the country. For more information and advice, check with your GP and the Royal Norwegian Embassy before travelling.</p> <p>If you have a health condition, or you are pregnant, you may need specialist healthcare abroad. Check whether your destination country can provide the healthcare you may need and ensure you have appropriate travel insurance for unexpected medical evacuation or local treatment.</p> <p>Medication The legal status and regulation of some medicines prescribed or bought in the UK can be different in other countries. Check to see whether you need approval to bring in medication from the UK. Not all medicines from the UK are available in Norway. Make sure you have a prescription from your GP and check with a doctor in Norway who may be able to issue a prescription for a local equivalent. Read best practice when travelling with medicines on TravelHealthPro.</p>
Health and Local medical facilities		<ul style="list-style-type: none"> • Hospital proximity and standards. • Access to doctors/dentists. • Payment methods for medical treatment. 	<p>Emergency medical number Dial 113 and ask for an ambulance. Contact your insurance or medical assistance company quickly if you're referred to a medical facility for treatment.</p> <p>Healthcare in Norway If you're a UK national, you can use your UK passport to get free state-provided medical treatment in hospitals. Some doctors may charge for their services elsewhere. Access to free healthcare is not an alternative to travel insurance. Read more about what your travel insurance should cover. FCDO has a list of medical providers in Norway where some staff will speak English.</p> <p>Travel and mental health Read FCDO guidance on travel and mental health. There is also mental health guidance on TravelHealthPro.</p> <p>Contact your travel provider and insurer Contact your travel provider and your insurer if you are involved in a serious incident or emergency abroad. They will tell you if they can help and what you need to do.</p> <p>Refunds and changes to travel</p>

For refunds or changes to travel, contact your travel provider. You may also be able to make a claim through insurance. However, insurers usually require you to talk to your travel provider first.

Find out more about [changing or cancelling travel plans](#), including:

- where to get advice if you are in a dispute with a provider
- how to access previous versions of travel advice to support a claim

Support from FCDO

FCDO has guidance on staying safe and what to do if you need help or support abroad, including:

- finding [lawyers](#), [funeral directors](#) and [translators and interpreters](#) in Norway.
- dealing with a [death in Norway](#)
- being [arrested or imprisoned in Norway](#)
- getting help if you're a [victim of crime](#)
- what to do if you're [in hospital](#)
- if you're [affected by a crisis](#), such as a terrorist attack

Contacting FCDO

Follow and contact FCDO travel on [Twitter](#), [Facebook](#) and [Instagram](#). You can also sign up to [get email notifications](#) when this travel advice is updated.

You can also [contact FCDO online](#).

Help abroad in an emergency

If you're in Norway and you need emergency help from the UK government, contact the [British Embassy Oslo](#).

FCDO in London

You can call FCDO in London if you need urgent help because something has happened to a friend or relative abroad.

Telephone: 020 7008 5000 (24 hours)

[Find out about call charges](#)

Medical treatment

As stated above, make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation. The cost of medical treatment in Norway can be high.

If you have a medical emergency contact the University Insurance company immediately:

<https://warwick.ac.uk/services/legalandcomplianceservices/insurance/keypolicies/traveloverseas>

Please note that there is no emergency medical cover if you are a national in the country you need medical attention in.

			<p>Note: The University Business Travel Insurance is not private health cover. The insurance is for emergency health treatment only. You may also wish to take out private health insurance for the duration of your stay.</p> <p>Wellbeing Services: https://warwick.ac.uk/services/wss/</p>
Accommodation		<ul style="list-style-type: none"> • Pre-book accommodation • Stay in recognised accommodation • Familiarise yourself with emergency exits • Security staff and arrangements • Secure storage/safes 	<p>Student mobility students hosted at a partner University will be supported with finding accommodation by the partner.</p> <p>Language Assistants are supported by the School(s) that they are allocated to by the British Council</p> <p>Work placements students are required to find their own accommodation with local support.</p> <p>Suitable accommodation can be difficult to identify and secure, it is recommended that you don't leave it too late to find this. We have had students whose placements have been impacted by being unable to secure suitable accommodation.</p> <p>Please be aware that some partner Universities have compulsory 'meal plans' these can prove to be expensive if you have special dietary requirements.</p>
Transport		<ul style="list-style-type: none"> • Use only registered taxis • Arrange airport collection where possible • Check safety and road worthiness of any hire vehicle • Avoid driving at night • If possible, share long distance driving • Ensure all internal transfers are booked in advance of travel (where possible). 	<p>Road travel</p> <p>If you are planning to drive in Norway, see information on driving abroad and check the rules of the road in the RAC's Norway guide. The guide lists driving regulations and other legal requirements you need to be aware of.</p> <p>You can use a UK photocard driving licence to drive in Norway for up to 90 days. If you still have a paper driving licence, you may need to update it to a photocard licence or get the correct version of the international driving permit (IDP) as well.</p> <p>If you are visiting Norway, you may be able to use your Blue Badge in some circumstances. Check local parking rules.</p> <p>Drink-driving is a serious offence in Norway. If you are tested and found to have a quarter of England's legal limit of alcohol in your system you may get a fine and possible imprisonment. There are frequent roadside checks for alcohol.</p> <p>You must use winter tyres with a minimum 3-millimetre (mm) tread if there is snow or ice covering the roads. You may also need to use studded tyres or snow chains. Truck drivers must use winter tyres with a minimum 5mm tread and have enough snow chains.</p> <p>You can get the full tyre requirements from Norway's State Highways.</p> <p>Keep your headlights on, but dipped, during the daytime all year round in all places.</p> <p>On roads that are not marked with a priority sign (yellow diamond), you must give way to traffic coming from the right.</p>

			<p>If you commit a driving offence, you could get an on-the-spot fine of up to 10,000 Norwegian krone.</p> <p>Arctic travel Nearly half of Norway is in the Arctic Circle, including some very remote areas of land and sea. Emergency medical assistance and search and rescue are limited in these areas. See Arctic travel safety advice.</p>
Communications		<ul style="list-style-type: none"> • Consider access to landlines or alternative handsets if mobile phone is lost or stolen. • Back-up chargers or batteries for phones or electronic devices • Access to network or wi-fi 	Loss of mobile phones or laptops are not covered on the University Insurance policy
Utilities/Cyber Issues		<ul style="list-style-type: none"> • Compatibility of equipment • Voltages and safety equipment • Power cuts or interruptions 	Check whether plug adapters will be required
Insect and animal bites		<ul style="list-style-type: none"> • Consider likely insect/animal issues in particular area • Avoid by prevention – repellents, clothing, etc. • Consider use of nets in accommodation • Carry appropriate treatment 	
Contaminated water/food		<ul style="list-style-type: none"> • Avoid food or water which could be contaminated. • Carry water sterilising tablets. 	Check whether bottled water is recommended
Minor injuries and ailments		<ul style="list-style-type: none"> • Carry basic First Aid kit. 	
Sunburn		<ul style="list-style-type: none"> • Avoid by prevention – hat, sunglasses, and sunblock. • Carry appropriate treatment. 	
Leisure activities		<ul style="list-style-type: none"> • Ensure you are adequately insured (the University insurance does <u>not</u> provide cover for non-business related activity) • Skiing, white water, bungee jumping, diving. Etc. 	<p>Outdoor activities and adventure tourism Get information about the risk of avalanches from the Norwegian Avalanche Warning Service or the European Avalanche Warning Services. Police enforce bans on campfires in many hiking areas during the summer months.</p>

			<p>Svalbard Follow the safety advice of the Governor of Svalbard, including on how to protect yourself from polar bear attacks, the risks of glaciers, avalanches and other dangers outside the main town of Longyearbyen.</p> <p>The Warwick Business Travel Insurance will not provide cover for non-business (study) related activity. Ensure you take out personal insurance. Also having the correct license if you are hiring a vehicle is essential.</p>
Natural disasters		<ul style="list-style-type: none"> • Assessment of the risk of typhoons, earthquake, tsunami, avalanche, etc 	<p>Extreme weather and natural disasters Extreme weather, floods and landslides can happen. You should follow the advice of local authorities. Find out what you can do to prepare for and respond to extreme weather and natural hazards.</p> <p>Climate and temperature The weather can change quickly, producing Arctic conditions even in summer on exposed mountain tops. Extreme weather can cause floods and landslides. The winter is long and can last well into April. 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.</p> <p>Wildfires There is a risk of wildfires, especially during hot and dry periods. Police enforce bans on campfires in many areas.</p>
Research or work activities		<ul style="list-style-type: none"> • Awareness of safe systems of work • Awareness of local safety measures • Remoteness of work sites 	Will be covered by the Host Institution
Completed by Department:			Student Mobility, STUDENT OPPORTUNITY
Date:			Wednesday 28th January 2026
			<u>Frequently Asked Questions (warwick.ac.uk)</u>
