












Norway - Low



Norway Country Map

-  POLITICAL
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-  CRIME
-  CIVIL UNREST
-  MARITIME AND PIRACY
-  HEALTH
-  ENVIRONMENTAL
-  TRANSPORTATION

Last Published: 16 September 2025

COUNTRY OVERVIEW

EXECUTIVE SUMMARY

Norway is a stable country with a low crime rate and a strong economy. The most significant risks stem from environmental factors, particularly harsh winter

weather, extreme cold, and hazardous travel conditions due to snow, ice, and freezing temperatures. Avalanches and rockslides pose threats in mountain regions, while polar bear attacks have occurred in the Arctic areas, especially in Svalbard.

Crime rates are low, but petty crime, particularly pickpocketing, can occur in tourist-heavy areas, particularly in Oslo, where incidents rise during peak tourist season (May to September). There is also a history of violent extremist attacks, including a nightclub shooting in Oslo in June 2022, which led to an increase in the terrorism threat level to "extraordinary" at that time. Sexual assaults and gang-related violence have also been reported, though they are relatively rare.

Travellers should also be aware of natural hazards such as floods, landslides, and extreme weather conditions, particularly in mountainous and northern regions.

KEY FACTS	
CAPITAL	Oslo
CAPITAL CITY PHONE CODE	2
COUNTRY PHONE CODE	47
CURRENCY	Norwegian Krone
ELECTRICITY	230 V, 50 Hz
GMT	+1
LANGUAGES	Norwegian (official) and other local languages and dialects.
LEADERSHIP	Chief of State: King Harald V; Head of Government: Prime Minister Jonas

KEY FACTS	
	Gahr Store
OFFICE WORK WEEK	0800-1600 M-F
OFFICIAL COUNTRY NAME	Kingdom of Norway
PLUG STYLES	Type C, F
RELIGION	Church of Norway (Evangelical Lutheran - official) 67.5%, Muslim 3.1%, Roman Catholic 3.1%, other Christian 3.8%, other 2.6%, unspecified 19.9%
TIME ZONE OFFSET	UTC+1 (DST Observed)
TYPE OF GOVERNMENT	Parliamentary Constitutional Monarchy

RISK SUMMARY

Political - Low

Norway is a stable and secure democracy with a highly developed and modern economy. It operates as a parliamentary representative democratic constitutional monarchy, with King Harald V serving as monarch since 1991. While the King holds formal executive powers, these are not politically exercised. Parliamentary elections were held on 08 September 2025, electing the 169 members of the Storting, the unicameral parliament of Norway. Prime Minister Jonas Gahr Støre's Labour Party and Centre Party bloc won a majority of 88 seats, allowing him to continue leading a minority coalition government.

Although Norway is not a member of the European Union, it maintains extensive market access through its membership in the European Economic Area (EEA) and complies with many EU regulations. Norway is also part of the Schengen Area, allowing free movement across Europe. Despite occasional internal controversies and cabinet reshuffles, Norway remains politically stable, with no significant risks to its democratic institutions.

Armed Conflict - Low

The threat of armed conflict in Norway remains low due to its membership in NATO, but its strategic importance has increased in recent years, particularly with the rising militarisation of the Arctic. Norway plays a key role in NATO, given its proximity to Russia and control over critical maritime routes between the North Sea and the Atlantic.

As of 2024, Norway continues to bolster its military presence, particularly along its northern border with Russia. In light of the ongoing conflict in Ukraine, Norway has been a strong supporter of Ukraine's defence. It has contributed advanced air defence systems and F-16 fighters, and participated in NATO's battlegroups. Norway has also committed to exceeding NATO's defence spending target of two percent of GDP.

Key developments include Norway's involvement in the multinational military exercise, Nordic Response 2024, which saw over 20,000 soldiers from 13 allied nations, including Finland and Sweden, conducting joint drills in northern Norway. This was part of NATO's "Steadfast Defender" exercise, aimed at defending NATO's northern flank. Additionally, Norway remains involved in international operations, such as the joint operation announced in December 2023 to address security challenges in the Red Sea and Gulf of Aden following attacks on vessels in the region.

Norway also heightened its military readiness in October 2022 following the sabotage of the Nord Stream pipeline, which raised concerns about the security of its undersea energy infrastructure. Patrols along vital gas pipelines have since increased, reflecting the broader security concerns related to Russian aggression in the region.

Terrorism - Low

Norway faces a low threat of terrorism, despite its involvement in NATO operations and symbolic significance for jihadist militants due to the publication of the Prophet Muhammad cartoons in 2005. While Norway's national intelligence and security services are highly capable and effective, the country remains a potential target for extremist attacks.

A significant incident occurred in June 2022, when a deadly shooting targeting an LGBTQI+ venue in Oslo was labelled an act of Islamist terrorism by police. This attack led to the temporary raising of Norway's terrorism threat level to "extraordinary" — the highest level in the country. In 2024, Norway's terrorism threat level has since been reduced to 3-moderate; concerns about further attacks remain, particularly in major urban centres like Oslo.

Norway has experienced previous extremist attacks, most notably the 2011 Utøya mass shooting, which resulted in 69 deaths and was motivated by far-right extremism. Although rare, such hate-motivated attacks underscore the potential risks within the country.

Crime - Low

Crime in Norway remains relatively low compared to other European countries, but there has been a notable increase in certain types of crime, particularly in Oslo. Opportunistic crimes such as pickpocketing are more likely in busy areas like airports, train stations, and crowded tourist spots. Additionally, break-ins and thefts from homes and businesses, particularly shops, have seen a significant rise. In 2023, shop thefts increased by 25%, with a notable concentration in Oslo, where nearly one in four such incidents occur.

Violent crime, though still rare, is also on the rise in Oslo. Recent reports indicate an increase in gang-related shootings and stabbings, with the involvement of organised crime networks, some of which have connections to Swedish gangs. These incidents have heightened public concern, particularly in urban areas where gang rivalry and drug-related violence have become more common. In May 2024, a knife attack near the National Theatre subway station further highlighted

the need for increased policing in the capital. Despite calls for more resources, there has been limited government action to boost police numbers in Oslo.

Organised criminal activity, driven by international networks, has expanded across various sectors such as construction, hospitality, agriculture, and retail. Labour-market criminality and other forms of illicit activity continue to pose a challenge for Norwegian authorities, who are working to dismantle these growing networks. Law enforcement has also noted an increase in social media recruitment of young people into criminal enterprises, further complicating the efforts to combat organised crime.

Civil Unrest - Low

Demonstrations in Norway are generally peaceful, though notable protests have occurred in recent years. A significant protest began in 2023 and has continued into 2024, involving activists, including Greta Thunberg, against the construction of wind turbines in the Fosen region. The Norwegian Supreme Court ruled in 2021 that the turbines violated the rights of the Sami people, yet the turbines remain in operation, prompting ongoing demonstrations and blockades at government offices.

In 2024, protests emerged over concerns related to over-tourism, particularly regarding the environmental impact on popular tourist destinations. As a result, Innovation Norway paused a campaign promoting outdoor tourism following backlash from local communities worried about the strain on natural resources.

In February 2023, police banned a planned Quran-burning protest outside the Turkish Embassy in Oslo due to security concerns, which led to diplomatic protests from Turkey.

Despite these protests, violent incidents are rare, and authorities are present to manage security during demonstrations, particularly when sensitive issues such as religious tensions or environmental concerns are involved.

Maritime and Piracy - Low

Norway has increased naval patrols around undersea gas pipelines following the Nord Stream pipeline explosions in September 2022. These patrols aim to protect critical infrastructure from potential sabotage, particularly in the context of ongoing tensions with Russia. The strategic importance of Norwegian waters has grown due to their role in European energy supply, and Russia views these increased security measures as part of broader NATO efforts, which has further strained relations.

Norwegian vessels have encountered issues with Israeli authorities, including incidents where Norwegian fishing boats attempting to breach the Gaza naval blockade were boarded, leading to the arrest and jailing of at least five Norwegian nationals. This has caused diplomatic tension between Norway and Israel.

While piracy is not a significant threat in Norwegian waters, human trafficking and smuggling are ongoing concerns, particularly around key ports. Extended border controls remain in place at ports with ferry traffic from Sweden, Denmark, and Germany, with travellers advised to carry proper documentation to avoid delays.

In May 2023, the USS Gerald R Ford, the largest US aircraft carrier, visited Norway for military exercises in the Arctic, further heightening tensions with Russia.

Health - Low

Medical care is widely available and often well-equipped, with treatment of high quality. Boat ambulance services are available however will be deployed on the basis of the patient's health. Travellers should seek local advice before consuming mussels and seafood harvested off the coast and in lakes and fjords as they can cause illness to foreigners. During summer, mosquitoes and midges can be a problem in forested and mountainous regions. A Global Health Insurance Card (GHIC) is valid in Norway. Travellers should ensure they have appropriate funds and travel insurance in the event of requiring medical treatment or repatriation. In the event of off-coast travel or within the Arctic Circle, evacuation may be necessary and costly.

Environmental - Low

The most frequent environmental concern in Norway is storms. In August 2023, Storm Hans swept through southern Norway, causing record-high river levels, landslides, and widespread disruptions. The storm, which brought the heaviest rainfall Norway had seen in 25 years, led to mass evacuations and significant damage. At least three people were killed, and thousands were displaced. The town of Hønefoss was severely affected as the Begna River burst its banks, causing extensive flooding. The damage was estimated to cost up to £78.5 million.

Polar bear attacks remain a concern in the far north, particularly in Svalbard. The diminishing Arctic ice has driven polar bears into populated areas in search of food. In August 2020, a man was killed by a polar bear on Spitsbergen, one of the Svalbard Islands.

Landslides and avalanches are significant risks in Norway's mountainous areas. On 31 March 2023, an avalanche in Kavringtinden (Troms og Finnmark) resulted in one death and four injuries. Winter sports enthusiasts are advised to stay on-piste and ski in recommended areas to avoid such risks.

Norway experiences heavy snowfall and freezing temperatures, sometimes as low as -25 Celsius, during winter, which can last well into April. Travellers should ensure their vehicles are equipped with cold-weather clothing and equipment in case of breakdowns.

Air pollution, particularly in urban areas, is a concern in the winter due to the widespread use of wood burners, which can exacerbate respiratory conditions such as asthma. Poor air quality can also lead to travel disruptions, including at airports, due to low visibility.

In exposed mountainous regions, weather conditions can change rapidly, with arctic conditions even occurring during summer months, posing additional risks to hikers and travellers.

Transportation - Low

Due to Norway's geography and size, the most efficient means of travel is by air. There are a number of well-established companies including; Norwegian, SAS, and Wideroe. Flights from these services are considered safe and are also cheap.

The main airport in Norway is Oslo Airport, there are multiple other international airports in Norway such as Tromso, Trondheim, Bergen, Stavanger, and Sandefjord.

Due to the Fjords and a vast number of islands Norway has an extensive ferry system that services almost all locations. Long queues and delays are possible at popular crossings in the summer. They do, however, run deep into the night, especially in summer, and some run around the clock, although departures in the middle of the night are less frequent.

The road network in Norway is extensive and very well maintained, although some rural roads can be dangerous. Car drivers must use winter tyres when the road is covered in snow or ice. The tyres must have a minimum tread depth of three millimetres.

Norway has an extensive bus system. EnTur and Lavprisekspressen are the cheapest operators, while Nettbuss is the biggest. Booking tickets before travelling means cheaper fares. There are no special requirements for bringing your car to Norway. Main highways, such as the E16 from Oslo to Bergen and the entire E6 from Oslo to Kirkenes, are open year-round. If planning to drive, it is worth considering that fuel in Norway is some of the most expensive in Europe. Hiring a car is expensive and insurance can be even more so. When planning routes around Norway, be mindful of the time of year, as winter can get very cold and roads can get blocked with snow. Toll roads are common, but most accept cards as well as cash. If you are driving a Norwegian rental car, it will be fitted with an automatic sensor. After you return your car, the rental company adds up the accumulated tolls and then charges it to your credit card.

Taxis in Norway are safe but can become very expensive. Charges in Norway start when the booking is made not when the passenger is picked up. NSB, Norway's state railway company, operates a high standard of services, though with limited routes. Lines connect Oslo with Stavanger, Bergen, Andalsnes, Trondheim, Fauske, and Bodo; lines also connect Sweden with Oslo, Trondheim, and Narvik.

EMERGENCY DETAILS

EMERGENCY DETAILS	
SOLACE GLOBAL:- +44(0)1202 795801.	
FIRE BRIGADE:- 110, POLICE:- 112, AMBULANCE:- 113.	
BRITISH EMBASSY:- +(47) 2313 2700, U.S. EMBASSY OSLO:- +(47) 2130-8540. SOUTH KOREAN EMBASSY OSLO:- (+47) 22 54 70 90.	
POLICE NUMBER	112
AMBULANCE NUMBER	112
FIRE NUMBER	112
EMERGENCY DETAILS	

TRAVEL

TRAVEL ADVICE

Norway is a member of the Schengen Agreement, there are no border controls between countries that have signed and implemented the treaty. There are around 27 European countries within the Schengen area. Since October 2023, there has been a ban on vehicles registered in Russia with nine or fewer seats.

A majority of roads in Norway are two-lanes as opposed to larger-scale motorways as seen in Western countries. Roads outside of the city can be narrow and winding with many tunnels, where possible these should be avoided after dark. Road conditions vary across the country and disruptions to both road and rail travel are to be expected during times of heavy rain or snowfall. Car drivers must use winter tyres when the road is covered in snow or ice. The tyres must have a minimum tread depth of three millimetres.

Travellers should ensure they comply with all local road laws and regulations, such as winter tyre regulations.

If planning on entering Svalbard travellers will need to present a passport. Off-piste skiing is popular but nevertheless dangerous. Travellers are advised to follow safety instructions and consult with local tourist offices on arrival. Travellers should ensure they have appropriate equipment for travel and additional clothing or blankets in case of an emergency.

Norway has extended the temporary border controls on its internal Schengen border until further notice. These border controls take place at ports with ferry traffic from Sweden, Denmark and Germany. This is done to better combat against extremism.

Norway, like other Nordic countries, is widely considered one of the safest travel destinations for LGBTQ+ travellers. Same-sex relationships and marriages are legal, and strong anti-discrimination laws protect sexual orientation and gender identity. While the risk of harassment or discrimination is low, LGBTQ+ travellers should exercise standard precautions, particularly in more rural or conservative areas.

SIGNIFICANT DATES

DECEMBER 21, 2025

- **December Solstice:** Norway - Seasonal
- **Fourth Advent Sunday:** Norway - Observance

DECEMBER 24, 2025

- **Christmas Eve:** Norway - Observance

DECEMBER 25, 2025

SIGNIFICANT DATES

- **Christmas Day:** Norway - National

DECEMBER 26, 2025

- **Boxing Day:** Norway - National

DECEMBER 31, 2025

- **New Year's Eve:** Norway - Observance

JANUARY 01, 2026

- **New Year's Day:** Norway - National

JANUARY 21, 2026

- **Princess Ingrid Alexandra's day:** Norway - Flag day

FEBRUARY 06, 2026

- **The Saami people's day:** Norway - Flag day

FEBRUARY 08, 2026

- **Mother's Day:** Norway - Observance

FEBRUARY 14, 2026

SIGNIFICANT DATES

- **Valentine's Day:** Norway - Observance

FEBRUARY 15, 2026

- **Carnival:** Norway - Observance

FEBRUARY 21, 2026

- **King Harald V's day:** Norway - Flag day

MARCH 20, 2026

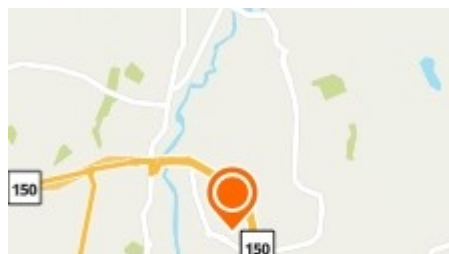
- **March Equinox:** Norway - Seasonal

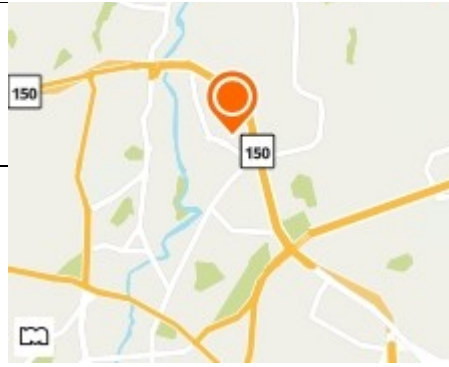
MARCH 29, 2026

- **Daylight Saving Time starts:** Norway - Clock change

RECENT ALERTS

SHOTS FIRED INSIDE SHOPPING CENTRE IN NORTHERN OSLO, REPORTS INDICATE MULTIPLE CASUALTIES





Category: Caution - **Risk:** High



08-Dec-2025 10:21

The Norwegian National Police have reported gunfire inside a shopping centre in northern Oslo. Authorities say the situation has been contained, and a suspect is in custody; however, local police continue to search for any additional individuals who may be involved. The area around Storo Sentret Centre has been cordoned off. There are unverified reports of multiple casualties, but the full extent of the incident remains unclear. We will continue to monitor the situation and will update when appropriate.

ACTIVE FIRE AT RESIDENTIAL BUILDING IN FAUSKE



Category: Caution - **Risk:** Moderate

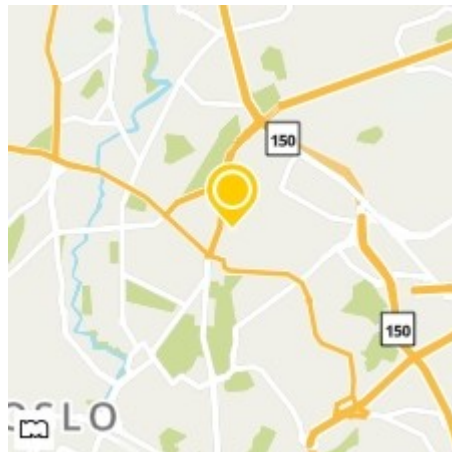


RECENT ALERTS

21-Nov-2025 22:55

Local media sources report an active fire at a residential building in Fauske. Ground sources report that at least two people have been evacuated from the residence, with one injured. Emergency services are responding to the situation; however, it is unclear whether the fire is under control. Images on social media show active flames and a large plume of smoke in the affected building. The residential building appears to be a part of a terrace complex. Further information remains limited.

LANDSLIDE REPORTED ON CARL BERNER, OSLO



Category: Caution - **Risk:** Moderate

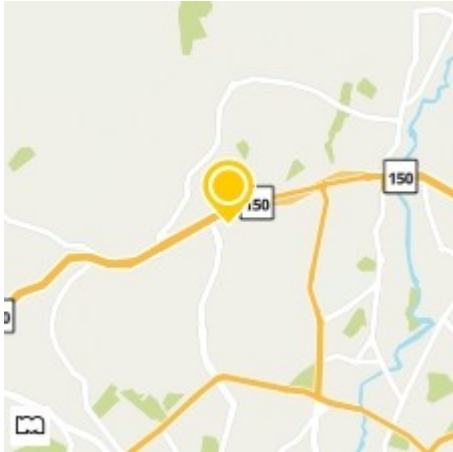


26-Oct-2025 16:56

According to local media, a landslide was reported on Carl Berner, Oslo, at around 17:10 local time. No casualties have been reported at this time, and surrounding damage appears to be limited. Emergency services are on the scene and officials are working to establish the cause. Police have evacuated the student accommodation block situated in the vicinity of the landslide. Loose rocks are reportedly still falling in the landslide area. Further information is limited.

RECENT ALERTS

TEAR GAS USED TO DISPERSE FOOTBALL FANS AT OSLO STADIUM



Category: Civil Unrest - **Risk:** Moderate

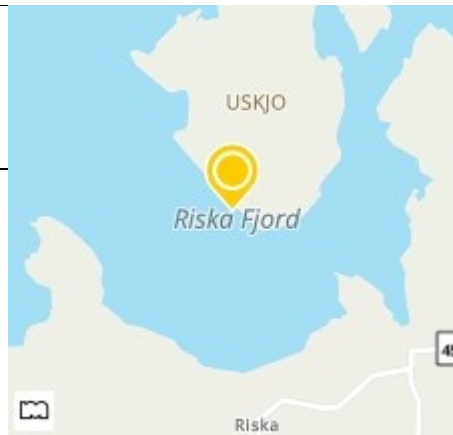


11-Oct-2025 17:18

The Oslo Police have reported that at 17:59, local time, authorities positioned at Ullevaal Stadium in Oslo had to use tear gas to control the crowd who were attempting to break through the barriers at the stadium. The police have reported that no one was injured during the incident and the situation is now under control.

75000 HOMES WITHOUT POWER IN WESTERN NORWAY FOLLOWING STORM AMY





Category: Environmental - **Risk:** Moderate



04-Oct-2025 09:22

According to local media, 75,000 homes are without power and 100 roads are closed in western Norway following damage from Storm Amy. Buildings have suffered extensive damage, including water damage and destruction from fallen trees. Heavy rain continues to affect the region. There are no reports of casualties at this time, and further information remains limited.

DRONE REPORTED OVER OSLO AIRPORT GARDERMOEN (OSL)



Category: Travel Information - **Risk:** Moderate

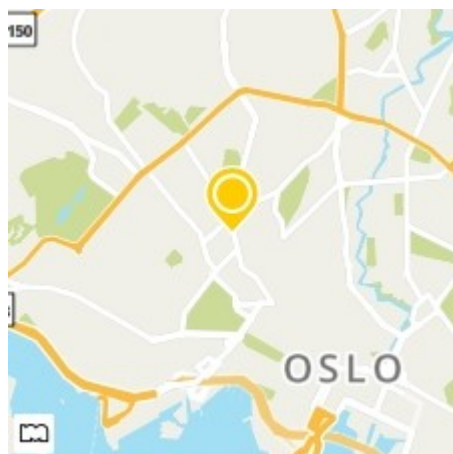


RECENT ALERTS

24-Sep-2025 20:00

Local media have reported that a drone has been flying over Oslo Airport Gardermoen's (OSL) no-fly zone on the evening of 24 September. It is unclear the exact time and location, and if any further disruptions have been reported due to the drone activity. We will continue to monitor the situation and provide updates when necessary.

EXPLOSION REPORTED ON PILESTREDET IN OSLO



Category: Caution - **Risk:** Moderate



23-Sep-2025 19:11

Local media have reported an explosion that took place on Pilestredet in Oslo. It is unclear what the exact circumstances surrounding the explosion were; however, two perpetrators have been seen fleeing the scene. There is a heightened police presence in the area with at least three police cars on the scene. It is unclear what the exact cause of the explosion is; however, we will continue to monitor the situation and provide updates when necessary.

RECENT ALERTS

DRONE SIGHTED AT NORWAY'S OSLO AIRPORT (OSL)



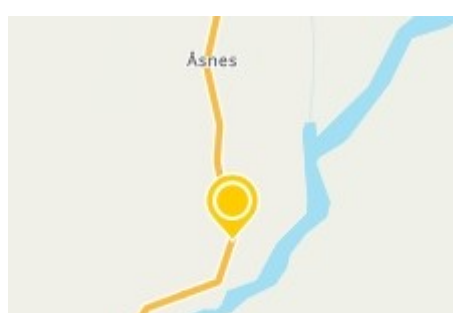
Category: Travel Information - **Risk:** Moderate

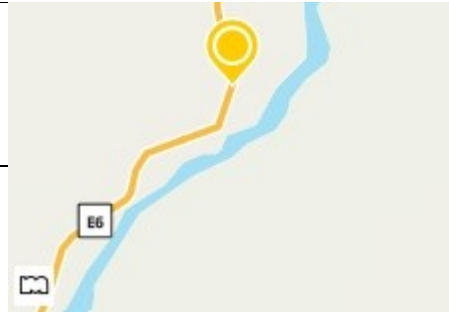


22-Sep-2025 22:01

According to local media sources, a drone has been spotted in the vicinity of Norway's Oslo Airport (OSL), forcing all air traffic to move to one runway. This has not affected flights, and air traffic is running as planned. This comes as Denmark's Copenhagen Airport (CPH) suspended all flights in and out of the airport until 07:00 local time, due to multiple drones being spotted in its airspace. No further information is currently available.

LANDSLIDE PROMPTS ROAD CLOSURE ON THE E6 IN LEVANGER





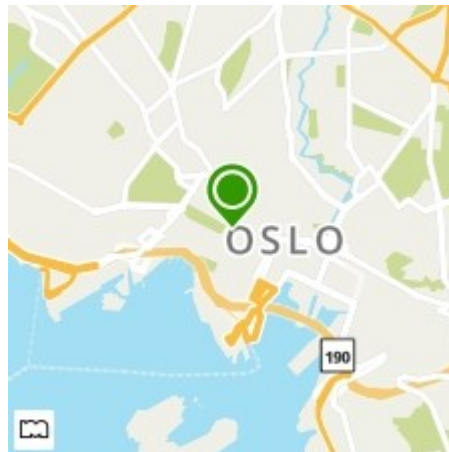
Category: Travel Information - **Risk:** Moderate



31-Aug-2025 20:12

Local media have reported that a landslide that occurred on 31 August in Levanger has forced the closure of the E6. The E6 is the main north-south thoroughfare through Norway as well as the west coast of Sweden. Norwegian authorities suggest that it could take weeks before the landslide is cleared. Traffic disruption is expected.

PLANNED EXTINCTION REBELLION PROTEST EXPECTED IN CENTRAL OSLO ON 21 AUGUST



Category: Civil Unrest - **Risk:** Low



21-Aug-2025 10:20

RECENT ALERTS

Extinction Rebellion have reported that there are planned protests in Universitetsplassen - People's Assembly on 21 August. Climate activists have plans to block the Karl Johan gate in Oslo, which are led by Greta Thunberg. The protests are by the Parliament building, and plans to block the DNB office on the same road. It is unclear how many participants there are and how long they will last.

FCDO SUMMARY

Last updated: 10/06/2025 15:14:59

Warnings and insurance

Before you travel

No travel can be guaranteed safe. Read all the advice in this guide. You may also find it helpful to:

- see [general advice for women travellers](#)
- read our [guide on disability and travel abroad](#)
- see [general advice for LGBT+ travellers](#)
- read about [safety for solo and independent travel](#)
- see [advice on volunteering and adventure travel abroad](#)

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 you make informed decisions. Find out [more about FCDO travel advice](#).

Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow FCDO:

- [travel advice on X](#)
- [travel advice on Facebook](#)
- [Travel Aware on Instagram](#)

Entry requirements

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](#).

Passport validity requirements

Norway follows [Schengen area rules](#). Your passport must:

- 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)

Check with your travel provider that your passport and other travel documents meet requirements. [Renew your passport](#) if you need to.

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.

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.

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.

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.

Safety and security

This guide also has safety advice for [regions of Norway](#).

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.

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](#).

Terrorism in Norway

Terrorist attacks in Norway cannot be ruled out.

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.

Crime

There's a small risk of petty theft, particularly at airports and railway stations in and around Oslo.

Laws and cultural differences

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.

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.

Transport risks

Road travel

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.

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.

If you are visiting Norway, you may be able to use your [Blue Badge](#) in some circumstances. Check local parking rules.

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.

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.

You can get the [full tyre requirements from Norway's State Highways](#).

Keep your headlights on, but dipped, during the daytime all year round in all places.

On roads that are not marked with a priority sign (yellow diamond), you must give way to traffic coming from the right.

If you commit a driving offence, you could get an on-the-spot fine of up to 10,000 Norwegian krone.

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](#).

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](#).

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.

Wildfires

There is a risk of wildfires, especially during hot and dry periods. Police enforce bans on campfires in many areas.

Regional risks

This section has safety advice for regions of Norway. It only covers regions where the Foreign, Commonwealth & Development Office (FCDO) has specific advice.

You should also read [FCDO's overall travel advice](#) and [safety and security advice](#).

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.

Health

Before you travel check that:

- your destination can provide the healthcare you may need
- you have [appropriate travel insurance](#) for local treatment or unexpected medical evacuation

This is particularly important if you have a health condition or are pregnant.

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.

Vaccine recommendations and health risks

At least 8 weeks before your trip:

- 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](#)

See [what health risks you'll face in Norway](#).

Medication

The legal status and regulation of some medicines prescribed or bought in the UK can be different in other countries.

Read [best practice when travelling with medicines on TravelHealthPro](#).

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.

Health insurance cards

To get medically necessary state healthcare in Norway, you can [now also use the](#)

[Global Health Insurance Card \(GHIC\)](#) or [European Health Insurance Card \(EHIC\)](#).

The NHS's [getting healthcare abroad webpage](#) has details about:

- 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

A [GHIC](#) or [EHIC](#) is not an alternative to travel insurance. You may have costs your [GHIC](#) or [EHIC](#) does not cover, including:

- 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

There is also [guidance on healthcare if you're living in Norway](#).

Travel and mental health

Read [FCDO guidance on travel and mental health](#). There is also [mental health guidance on TravelHealthPro](#).

Getting help

The Foreign, Commonwealth & Development Office ([FCDO](#)) cannot provide tailored advice for individual trips. Read this travel advice and carry out your own research before deciding whether to travel.

Emergency services in Norway

Fire: 110

Police: 112

Ambulance: 113

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.

Refunds and changes to travel

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 English-speaking [lawyers](#), [funeral directors](#) and [translators and interpreters](#) in Norway
- dealing with a [death in Norway](#)
- being [arrested 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

Help abroad

See [how to get help from the UK government abroad](#) including in an emergency.

Help in the UK

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](#)

Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow [FCDO](#):

- [travel advice on X](#)
- [travel advice on Facebook](#)

Risk information for British companies

The Overseas Business Risk service offers [information and advice for British companies operating in Norway](#) on how to manage political, economic, and business security-related risks.

PACK SMART

Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Carry a duplicate wallet with small denomination notes and old cards that you could relinquish if threatened by robbers. Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Always check the destination restrictions regarding medications when planning your trip.

STAY SAFE: Hotels



Request a hotel room between the third & seventh floor. Ground floor rooms should always be avoided as they are easily accessible from the outside. Higher levels mean in the event of a fire there are many stairs to navigate and in some countries firefighters may not have ladders capable of reaching higher than the seventh floor.



Check your room phone works in case you need to call reception for help.



Know where your fire exits are. Count the number of doors to the fire exit from your room so you can feel your way in the event of a fire and a smoke-filled corridor.



To prevent unauthorised entry into your hotel room, make sure the windows and doors lock. Bolt the deadbolt and use the door wedges you've brought with you from home to wedge the main door closed.

TRAVEL SAFE: Out & About



When you are out and about, be aware of your surroundings - don't display obvious wealth, such as expensive jewellery, watches and mobile phones.



Use ATMs inside banks and shopping centres, where there is greater security and CCTV. Safety in numbers. If you are travelling with colleagues, stay together for meals and trips out. If you are alone, avoid quiet areas and trust your instincts.

Road traffic accidents are still the greatest threat to travel safety.



- Use licensed taxis.
- Always wear a seat belt.
- Keep doors locked & windows up.
- Avoid night-time driving.
- If the driver is using a phone or driving dangerously, insist they slow down/stop using their phone.

Check in regularly. Use the 'Check In' button on the Solace Secure app so your location can be monitored and you can view all intelligence alerts within your vicinity.

SAFE TRAVEL: Health Tips

See a medical travel specialist at least 4 weeks before travel.

Ask about recommended vaccines for specific destinations.

First aid kit with regular & special medication for trip - carry in hand luggage.

Evacuation & travel insurance to cover health emergencies while abroad.



Take an extra month of prescribed medication for pre-existing conditions.

Risk of malaria - take precautions to prevent mosquito bites and take malaria pills as advised.



Avoid drinking alcohol and becoming dehydrated.

Verify & consume safe water and food. Have a supply of medicine for self-treatment of diarrhoea.



Excessive sun exposure should be minimised by the use of sunscreen - sun can be more intense over water, snow and at altitude.

Leave animals alone. Animal bites or scratches can transmit rabies.

THINK SAFE: Know Your Destination

Understand the culture of your destination. Dress and behave so as not to cause offence or draw attention.



Know if the tap water is suitable to drink if not; only accept water from a sealed bottle.

Avoid ice in your drinks & salad washed in tap water.

Research where you are travelling to. Make a note of the local emergency services number. Know the current security and medical threats and advice. See the FCO website for general information ([gov.uk/foreign-travel-advice](https://www.gov.uk/foreign-travel-advice)).

DOCUMENT SAFE: Know Your Destination

Take photos/scans of your essential documents and email them to yourself.

You can then access them remotely if your belongings are stolen:

- Passport
- Driver's Licence
- Travel Insurance Document
- Visa
- Medical Certificates

For 24/7 travel risk advice and emergency assistance contact Solace Global Risk operations: + 44 (0)1202 795 801

The Solace Secure desktop and app provide up-to-the-minute alerts, providing latest information on your travel location even when you are there.

CONTACT SOLACE GLOBAL RESPONSE TEAM

This report has been prepared for you by Solace Global Risk Ltd.

If you need urgent help, advice or assistance at any time please contact the 24/7 Response and Assistance Team.

If you have a question about this travel advice or any other location please email SGR@solaceglobal.com for further safety and security information.

For support using your Solace Secure platform or app please contact support@solaceglobal.com.

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