

# FACT SHEET

## Cost of living

Norway is an expensive country to live in. Official guidelines say that you need from 8000-9000 NOK per month. Our current exchange students estimate that you can get by on about 6500 NOK per month, once you learn the tricks on where to shop. Price examples:

Liter of milk.....	ca 15 NOK	Bread.....	ca 25 NOK
Movie ticket.....	ca 110 NOK	Glass of beer.....	ca 80 NOK

## Climate: Oslo has four seasons

Spring (March, April, May): temperatures range from -5 C to + 20C. Occasionally it might snow.

Summer (June, July, August): weather varies from cold and rainy to warm and sunny. Temperatures range from 10-30 C.

Fall ( September, October, November): temperatures range from +20C to -10C.

Winter (December, January, February): temperatures range from +5C to -20C, and there may be a lot of snow and ice.

## Electricity

A Europlug (Type C & F), which has two round prongs, is used in Norway (220 volt, 50 Hz AC). Remember to bring an adapter, if needed!

## Telephone

Outgoing calls: 00 and then country code. Incoming calls: Norway's country code is + 47

Emergency numbers:

Fire: 110

Police: 112

Ambulance: 113

Emergency room: 116 177

## Safety

Norway has one of the lowest crime rates in the world. Nevertheless, remember that you are staying in a capital city, and take your precautions. Be aware of pickpockets, and females should be cautious when walking home late at night.

During fall and winter, it gets dark early. Please wear reflectors on your clothes for others to see you.

## Time Zone

Norway is in the Central European Time Zone, 1 hour ahead of Greenwich Mean Time.