

# Know before you go Norway



**Population:** 5.4 Million | **Currency:** Norwegian Krone kr (NOK) | **Capital City:** Oslo



**Official languages**  
Norwegian, Sami



**Greeting**  
Hallo



**Most popular city for expats and tourists**  
Oslo



**National flower**  
Lotus flower



**Famous national food**  
Lamb, Lefse



**Tipping**  
10 - 20% in restaurants,  
but tipping is not compulsory!



**Fun Fact** Norway is home to Europe's most northern point: North Cape

## Cost of living & travel in Oslo



- **Standard city one-way bus ticket:** 38 NOK
- **Monthly pass for all transport:** 780 NOK
- **Taxi fare:** 30 – 50 NOK (initial standard fare)  
20 NOK (per km)



- **Standard pint of beer:** 90 – 95 NOK
- **3-course meal for 2 people:** 850 – 1,000 NOK



- **Average rent for 1-bedroom apartment in the city:** 12,500 – 14,000 NOK (per month)



- **Doctor's visit:** 150 – 200 NOK (15 mins)

Costs are based on average in Oslo in July 2021; costs will vary from region to region.

## Celebrating Norwegian culture



**National holiday**  
Norwegian  
Constitution Day  
on 17th May



**Notable landmarks**  
Sognefjord, Pulpit Rock,  
Vigeland Sculpture Park

**National sport**  
Cross-country skiing

