

Norway Relocation Guide



By Appointment To
Her Majesty The Queen
Removals and Storage Contractor Abels

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THE ART OF MOVING

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ISO 9001 + ISO 14001
OHSAS 18001



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TELEPHONE:	Country code (0047) + Area code.
STANDARD TIME:	GMT + 1.
WEIGHTS & MEASURES:	Metric.
ELECTRICITY:	220 V ac 50 Hz plugs are the continental 2 pin plugs.
INOCULATIONS/VACCINATIONS:	No vaccinations or inoculations required if EU citizen.
PUBLIC HOLIDAYS:	New Year's Day, Maundy Thursday (Thursday before Good Friday), Good Friday and Easter Monday, May 1st Labour Day, May 17th Constitution Day, Ascension Day 40 days after Easter, Whit Monday 7th Monday after Easter, Christmas Day 25th December, St Stephen's Day 26th.
OFFICE HOURS:	Normally 37 to 38 hour week, and a number of offices have flexi time usually between 06.00 and 18.00 hours.
BANK HOURS:	Vary between 08.00/09.00 hours and 15.30/16.00 hours. Very few Banks are open on a Saturday.
EMERGENCY TELEPHONE NUMBERS:	Fire 110 Police 112 Ambulance 113
BRITISH EMBASSY IN NORWAY:	Thomas Heftyegate 8 0244 Oslo Tel: +47 23 13 27 00
NORWEGIAN EMBASSY IN LONDON:	25 Belgrave Square London, SW1X 8QD Tel: 0207 591 5500

Part 1 – Background Information on Norway

Background

Two centuries of Viking raids into Europe tapered off following the adoption of Christianity by King Olav TRYGGVASON in 994. Conversion of the Norwegian kingdom occurred over the next several decades. In 1397, Norway was absorbed into a union with Denmark that lasted more than four centuries. In 1814, Norwegians resisted the cession of their country to Sweden and adopted a new constitution. Sweden then invaded Norway but agreed to let Norway keep its constitution in return for accepting the union under a Swedish King. Rising nationalism throughout the 19th century led to a 1905 referendum granting Norway independence, and their own King.

Although Norway remained neutral in World War I, it suffered heavy losses to its shipping. Norway proclaimed its neutrality at the outset of World War II, but was nonetheless occupied for five years by Nazi Germany (1940-45). In 1949, neutrality was abandoned and Norway became a member of NATO. Discovery of oil and gas in adjacent waters in the late 1960s boosted Norway's economic fortunes. In referenda held in 1972 and 1994, Norway rejected joining the EU. Key domestic issues include immigration and integration of ethnic minorities, maintaining the country's extensive social safety net with an aging population, and preserving economic competitiveness.

Geography

Norway stretches along the north and west coasts of Scandinavia, from the Arctic Ocean to the southern North Sea. Its extensive coast line is indented with fjords and fringed with many islands making it one of the most rugged and longest coastlines in the world. Inland, the terrain is mountainous, with coniferous forests and lakes in the south.

It is one of Europe's leading producers of oil and gas, which account for around half of export earnings. Related industries include engineering (oil and gas platforms) and petrochemicals. More traditional industries process local raw materials: fish, timber and minerals. Agriculture is limited, but fishing and fish farming are important.

Norway is the world's leading exporter of farmed salmon. Merchant shipping and tourism are major sources of foreign exchange.

Climate

Norway's climate is temperate along the coast as it is modified by the North Atlantic current making this the northernmost country with open waters. The interior is colder, the lowest minimum temperature recorded in the North is -51°C, the average temperature on the west coast is 8°C and below freezing in the mountains. Precipitation is greatest on the west coast with some areas recording a maximum annual rain fall of 3000mm whilst some areas to the east of the mountains have 300mm annual rainfall. The wind in Norway varies greatly as a result of fast moving pressure fronts, the winds in the mountains and along the coasts can be very strong. Natural Hazards are avalanches and rock slides.

Population

The Norwegian population is estimated at 5,322,000 as at November 2017.

Environmental Issues

These is water pollution; acid rain damaging forests and adversely affecting the lakes, threatening fish stocks. Air pollution from vehicle emissions.

Currency

The monetary unit is the Norwegian krone (NOK) and the notes and coins in circulation as of 2017 are as follows:

- Notes: 50, 100, 200, 500, 1000 Krone.
- Coins: 1, 5, 10, 20 Krone.



Economy

Norway has a stable economy with a vibrant private sector, a large state sector, and an extensive social safety net. Norway opted out of the EU during a referendum in November 1994; nonetheless, as a member of the European Economic Area, it contributes sizably to the EU budget.

The country is richly endowed with natural resources in addition to oil and gas, including hydropower, fish, forests, and minerals. Norway is a leading producer and the world's second largest exporter of seafood, after China. The government manages the country's petroleum resources through extensive regulation. The petroleum sector provides about 9% of jobs, 12% of GDP, 13% of the state's revenue, and 37% of exports, according to official national estimates. Norway is one of the world's leading petroleum exporters, though oil production in 2016 was close to 50% below its peak in 2000; annual gas production, conversely, more than doubled over the same time period. After a continual decline from 2001 to 2013, oil production rose in 2016 for the third year running, due to the higher production of existing oil fields and to new fields coming on stream.

In anticipation of eventual declines in oil and gas production, Norway saves state revenue from petroleum sector activities in the world's largest sovereign wealth fund, valued at almost \$900 billion as of early 2017. To help balance the federal budget each year, the government follows a "fiscal rule," which states that spending of revenues from petroleum and fund investments shall correspond to the expected real rate of return on the fund, an amount it estimates is sustainable over time. In February 2017, the government revised the expected rate of return for the fund downward from 4% to 3%.

After solid GDP growth in the 2004-07 period, the economy slowed in 2008, and contracted in 2009, before returning to modest, positive growth from 2010 to 2016. Lower oil prices in 2015 and 2016 caused growth to slow, increased unemployment, and weakened the Norwegian krone. The latter trend has mitigated the negative impact of lower oil and gas prices by making Norwegian exports cheaper for foreign buyers. The government has expressed willingness to increase public spending from the sovereign wealth fund to help prevent a recession.

Education

In Norway, the education system is made up of primary school (*Barneskole*), lower secondary school (*Ungdomsskole*) and upper secondary school (*Videregående skole*).

Everyone between the ages of 6 – 16 must attend school in Norway. All public education is free in Norway, and classes are taught in Norwegian (with the exception of foreign language classes, of course).

The Norwegian primary and lower secondary education system was reformed in 1997 and a new curriculum was implemented. The different municipalities in Norway are responsible for the running and administration of their public schools.

The school year runs from August to mid June, and consists of two semesters with a Christmas holiday (from mid December to early January) in the middle.

Religion

A bill passed in 2016 and effective as of 1 January 2017 created the Church of Norway as an independent legal entity. Until the 2012 constitutional amendment the Evangelical-Lutheran religion was the public religion of the State. The Church of Norway will still obtain financial support from the state of Norway, along with other religious communities.

Health

The Government supports all its residents, including expats and students staying for more than a year, with excellent public healthcare facilities made available. These facilities are not completely free, but are heavily subsidised and funded through the NIS and the Government healthcare budget.

In Norway, all hospitals are funded by the public as part of the national budget. However, while medical treatment is free of charge for any person younger than the age of sixteen, residents who have reached adulthood must pay a deductible each year before becoming eligible for an exemption card. The card entitles one to free healthcare for the remainder of that year.

All public hospitals in Norway are run by four Regional Health Authorities (RHA) overseen by the Ministry of Health and Care Services. In addition to these public hospitals, there are a small number of private hospitals.

While the availability of public healthcare is universal in Norway, there are certain payment stipulations.

Children aged sixteen or younger, and pregnant and/or nursing women are given free healthcare regardless of the coverage they may have had in previous situations. All citizens are otherwise responsible for the annual deductible – which averages around 2040 Norwegian krone. Norway's health system also does not cover specialised care for those above 16 years of age, and anyone needing treatment such as specialised physiotherapy is required to pay an additional deductible. While health appointments themselves are encompassed by the deductible, extra materials and medical equipment are often covered by the patient.

In terms of emergency room admission, all immediate healthcare costs are covered. In the case that hospitals in Norway are unable to treat a patient, then treatment abroad is arranged free of charge.

Although every care is taken to ensure that all information in the Abels Relocation Guide is accurate and up to date Abels cannot accept liability for any inaccuracy.

Part 2 – Norway Import Customs Regulations

To the best of our knowledge, the following documentation is required to import household goods and personal effects into Norway.

Used household goods and personal effects

Documents required:

- Inventory list in duplicate (Norwegian, English language only). Supplied by us in English. For owner packed effects a detailed owner inventory is also required.
- Copy of passport (photo page only).
- Completed and signed Norwegian customs form supplied by us.

If you have lived outside Norway continuously for more than one year, and owned and used the effects for more than one year, you may bring most of your household and personal effects into Norway free of duties and taxes.

Diplomatic Shipments

Provided the transferee in question is a holder of a valid diplomatic status:

Completed Form A-2 duly attested by the Norwegian Ministry of Foreign Affairs is required.

Please note when importing alcohol or tobacco an annual quota may be in place between the Norwegian MFA and the respective embassy in Norway. It is the transferring diplomats responsibility to verify this and comply with any such regulation.

Inherited Items

You may import inherited objects free of duties and taxes if:

- The object has been used and owned by the person who has bestowed the inheritance on you.
- The testator was resident abroad when he or she died.
- You are resident in Norway when you receive the inheritance.

In order to know if you qualify for exemption for duties and taxes you must submit an application to Norwegian Customs. You should submit the application before importing the object to Norway. The application must include documentation that the terms mentioned above are fulfilled, and this could include certificate of probate, the will, death certificate, proof of residence. The documentation must be confirmed by the probate court or corresponding public authority in the country where the deceased was resident.

Please note even if the items are exempt from duties and taxes, you may have to pay additional customs clearance costs.

Motor vehicles, cars, motorcycles

Motor vehicles are not considered to be part of your household and personal effects.

Documents required:

- Invoice or purchase contract that shows the actual purchase sum as well as any possible freight invoice and documentation of any possible other fees that have accrued to the motor vehicle before it passes the Norwegian border (for example, insurance).
- Original foreign registration document, possibly a Certificate of Conformity (COC). When importing new vehicles where the Certificate of Conformity is submitted, you can in most cases pay the motor vehicle tax simultaneously with the VAT.

You may not import a motor vehicle without paying duties or taxes into Norway in connection with moving from a different country. This applies irrespective of nationality and where you are moving from.

However, you may apply for temporary permission to drive a foreign-registered motor vehicle for up to 30 days in connection with moving to or from Norway. You must be able to provide documents evidencing the move in the form of a certificate of change of address, employment contract or other relevant documentation.

- An imported vehicle must be registered onto Norwegian number plates and pay the yearly road tax
- Full details of the vehicle must be given prior to shipping/transit.
- Please note import taxes and duties are high.

Import of recreational boats

You may bring your recreational boat to Norway without paying duties or taxes if the following conditions are met:

- You must have resided abroad continuously for at least five years, immediately prior to arrival.
- The boat may not be larger than 15 meters in length.
- You must have owned the boat for at least 12 months before arrival and used it abroad for the same period (12 months).
- You must bring the boat to Norway within one year after arrival at the latest.
- You must remain in possession of the boat for at least two years following customs clearance before it can be sold or transferred.

These conditions must be documented when you import the boat. The application must be submitted to the customs region to which you move.

Norwegian VAT must be paid upon import of the boat. VAT is 25%. Calculated of the total value of the boat + shipping cost.

All boats with a hull length from 2.5 to 24 meters and water scooters must be CE marked. The CE mark indicates that the boat meets the safety requirements for the boat type.

Excluded are boats that were used in an EU/EEA country before 16 June 1998.

Engines must initially be CE marked by the manufacturer.

Dogs and Cats

These regulations apply only to the importation of cats and dogs from EEC/EFTA countries.

Documents required:

- Import licence.
- Approved ID Marking.



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- Rabies vaccination by means of an approved vaccine, together with an antibody test. Dogs must also be vaccinated against leptospirosis as well as distemper.
- Health certificate together with vaccination certificates. A approved vet must sign the health certificate not earlier than 10 days prior to importation.
- Certificate of deworming against echinococcus, within 10 days prior to importation.

Food

Food is prohibited to import as part of a household goods shipment.

Alcoholic beverages, spirits, wine etc in minimum quantities

Try to avoid including alcoholic beverages of any kind into the household goods shipment. Spirits containing over 60% vol. alcohol, cannot be imported.

Extremely high taxes and duties will apply, even on small quantities. If you insist on shipping alcoholic beverages they must be packed together and the following information is needed on a separate list. Brand, volume, year and alcoholic strength.

Special clearance is required, and an import permit from the Ministry of Drugs must be obtained prior to impThere are additional customs clearance costs for the importation of alcohol, delays in clearance, which again will result in additional cost, and there is NO duty free allowance.

Weapons

Weapons and ammunition are generally admitted, subject to police permission, and normally to the importer being a member of a hunting or fishing club, but please note we will not carry Weapons or ammunition in our removal vehicles.

Live Plants

There are restrictions on the import of plants.

You must obtain certification from the Plant and Wildlife Department from country of origin that plants are healthy.

Please note we prefer not to carry live plants in our removal vehicles. If you do wish to take your plants, please bear in mind this will probably cause delays at the customs clearance point, and additional charges will most probably apply.

Other Prohibited Items

Narcotics, Explosives, Some prescription medicines and some vitamins. Certain pets, reptiles and threatened species.

Endangered Species

A CITES certificate is normally required. There is a worldwide ban on the movement of Ivory without a CITES Certificate. **Please note old pianos usually have ivory keys and a CITES certification will be required.**

For information on obtaining a CITES certificate please visit:

<http://www.gov.uk/government/publications/endangered-species-application-for-import-and-export-permit>