



SCI AREA ORIENTATION PROGRAM



Presented by:
Inger Tone Ødegård

2022

Gain cultural skills

WELCOME TO ROGALAND COUNTY

Presentation

Stavanger Chamber of Commerce and Industry:

- Website in Norwegian: <https://www.naeringsforeningen.no>
- Website in English: <https://www.stavangerchamber.com>
- E-mail: post@naeringsforeningen.no
- FB group: Stavanger chamber international

NEW IN NORWAY
Practical information from public offices

Frontpage > Labour migrants

Moving to Norway
Work
Children & Schools
Health
Recreational activities
Transport and services
Useful information

New in Norway
Information service for foreign workers – rights, duties, practical advice, tips and information about Norwegian society.

Can't find what you are looking for? Search the whole website

Search in "New in Norway"

Search

Relevant information

[Moving to Norway >](#)

Registration in the population register
Registration in connection with moving Everyone who moves to Norway from another country, between two Norwegian municipalities, or to another place in the same municipality, is obliged to notify t...

New in Norway 2019 - PDF file

New in Norway 2019
New in Norway gathers practical information from public agencies. Note! It can take a few minutes to download the file.

What's important for you?

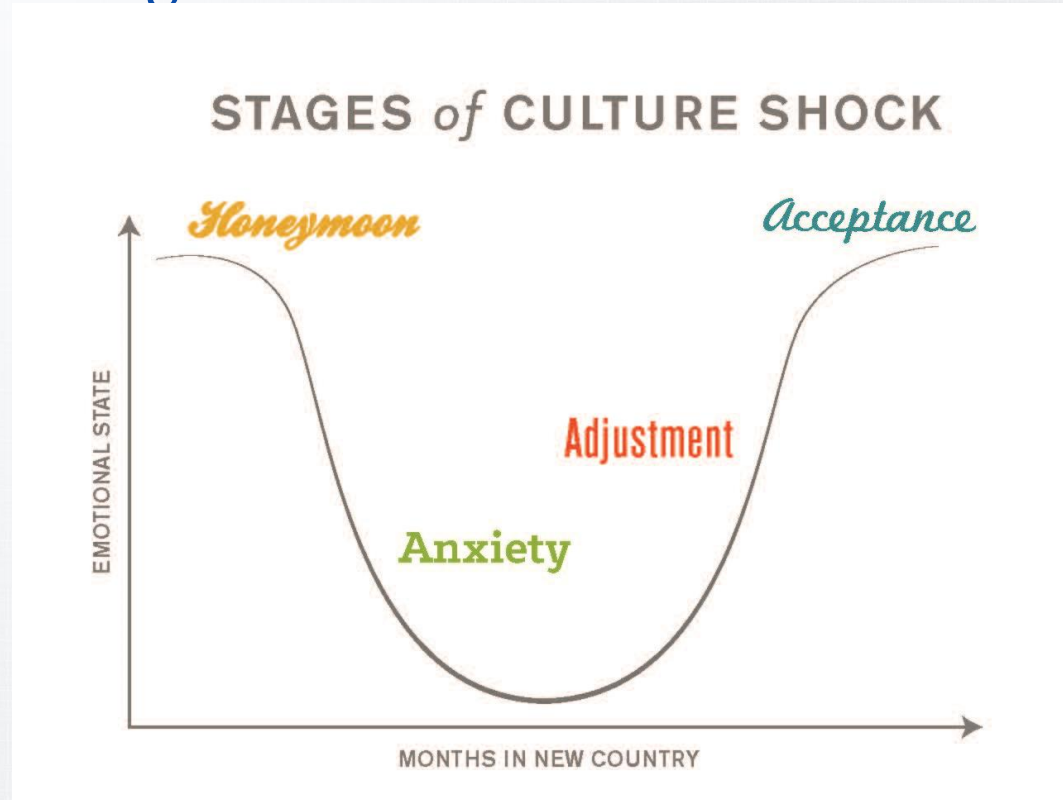


Gain cultural skills!

www.stavangerchamber.com

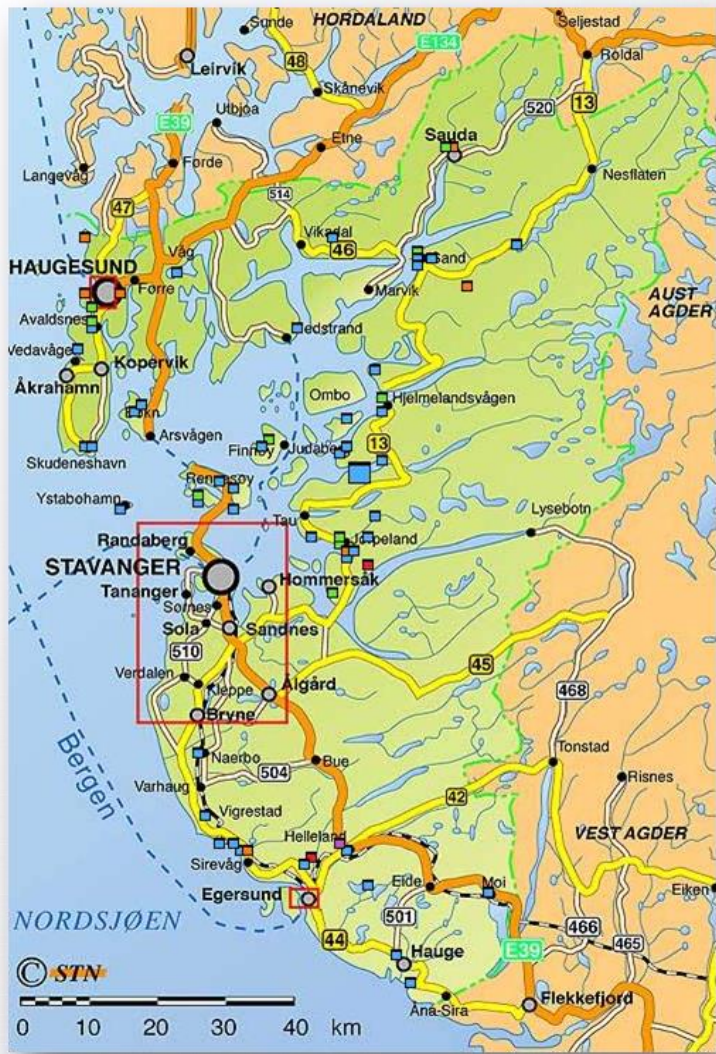
....

Phases of relocating





- Norway covers a total area of 385,252 square kilometre (148,747 sq. miles)
- Norway : population approximately 5,4 million people
- Rogaland County : population approximately 476 000



- Xxx.kommune.no ex. Stavanger.kommune.no
- Stavanger
- Sandnes
- Sola
- Randaberg
- Sirdal

- An area /Sone:
- Nord-Jæren (Stavanger, Sandnes, Sola, Randaberg)
- Jæren (Klepp, Time, Hå)
- Dalane (Egersund, Lund, Sokndal)
- Ryfylke



Weather

Forecast in English: <https://www.yr.no>

Norwegian Meteorological Institute: <https://www.met.no/>

Tips: Search for «bekledning»





....

History

- Early settlement
 - Ice-age
 - Stone-age (Vistehola)
 - Iron-age (Jernaldergården)
- Agriculture and Fishing
- Vikings from 700 AD
- Independence: 1814, May 17th



Gain cultural skills!

www.stavangerchamber.com

Constitutional Monarchy

Our Royal Family

- o HM King Harald
- o HM Queen Sonja
- o HRH Crown Prince Haakon Magnus
- o HRH Crown Princess Mette-Marit

Royal Family website:

<https://www.kongehuset.no>



Gain cultural skills!

www.stavangerchamber.com

Norwegian Government and Parliament



- o Government-21 Ministers and the PM
- o Parliament -169 representatives
- o Norway's national assembly was constituted at Eidsvoll in 1814, but its roots are far older
- o <https://www.regjeringen.no>





Prime Minister

Jonas Gahr Støre

- **Political Parties**
 - o The Labour Party
 - o The Centre Party
 - o The Socialist Party
 - o The Progress Party
 - o The Conservative Party
 - o The Christian Democratic Party
 - o The Social Liberal Party



Politics and business abroad

- Norway - Non-member of the EU
- European Economic Area members

- Member of NATO (since 1949)
- Member of UN (United Nations)
- Norway has Embassies and Consulates in many places around the world
- <https://www.regjeringen.no/no/dep/ud/org/utenriksstasjoner/id524467/>
- <https://www.innovasjon Norge.no/en/start-page/>

- Foreign Embassies in Norway
- <https://www.regjeringen.no/no/dep/ud/dep/forbindelser/id447053/>
- <https://www.norway.no>

- Honorary consuls in the Stavanger-region (appr 25 countries)
- About 80 countries have a network organization in Stavanger
- <https://www.solvberget.no/Laering/Ny-i-Norge/Int.-kulturnettverk/Internasjonale-organisasjoner-oversikt>

- Currency: Kroner (NOK or Kr.)



....

Business

- o Agriculture (Export / Import)
- o Fishing (Export / Import)
- o Shipping
- o Shipyards
- o Forest Industry
- o Mining / Coal / Electricity
- o Aluminum
- o Oil and Gas (1969)
- o Renewables
- o Technical Industry
- o Tourism



Gain cultural skills!

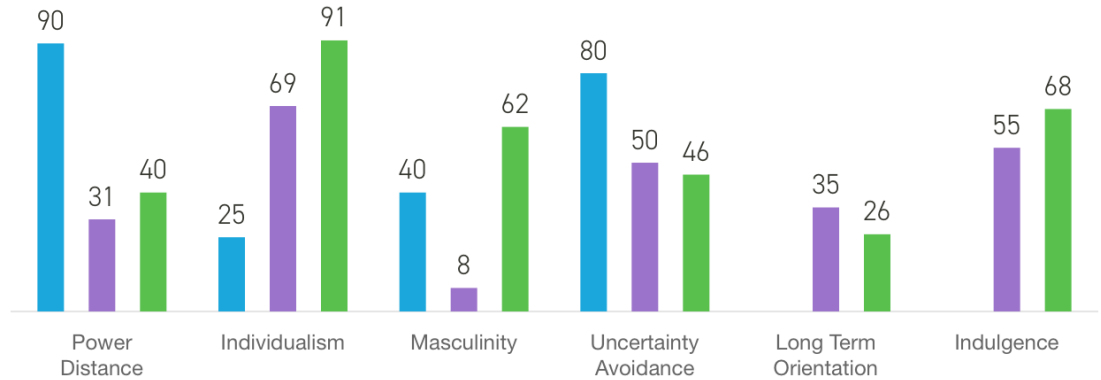
www.stavangerchamber.com



Perceptions and productivity

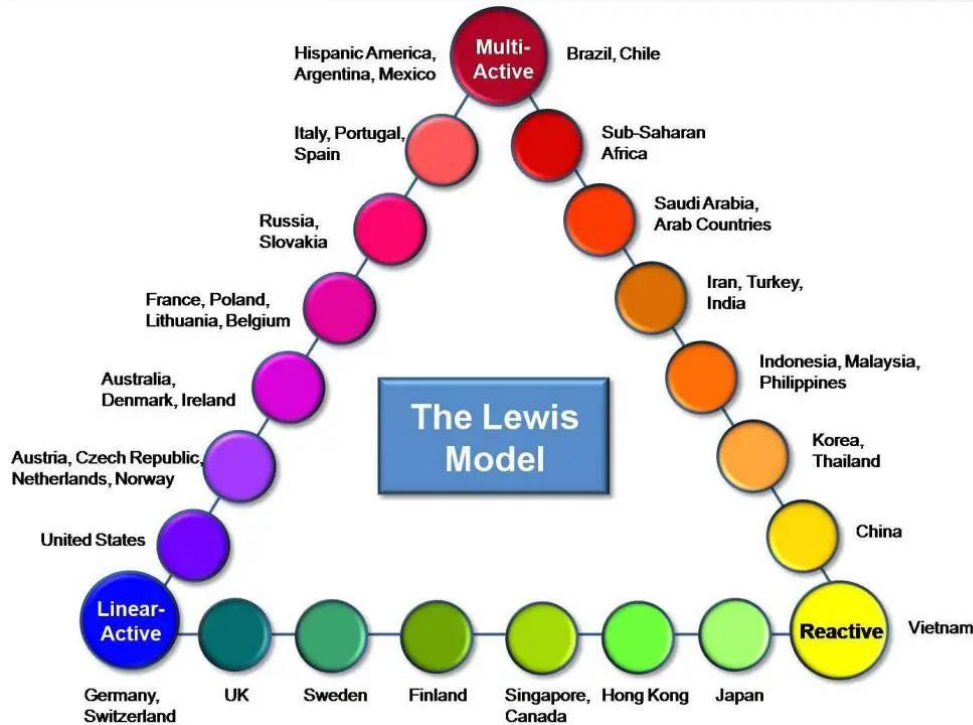
Geert Hofstede

Kuwait* × Norway × United States ×



Communication

Ex: Richard Lewis model



LINEAR-ACTIVE	MULTI-ACTIVE	REACTIVE
Talks half the time	Talks most of the time	Listens most of the time
Does one thing at a time	Does several things at once	Reacts to partner's action
Plans ahead step by step	Plans grand outline only	Looks at general principles
Polite but direct	Emotional	Polite, indirect
Partly conceals feelings	Displays feelings	Conceals feelings
Confronts with logic	Confronts emotionally	Never confronts
Dislikes losing face	Has good excuses	Must not lose face
Rarely interrupts	Often interrupts	Doesn't interrupt
Job-oriented	People-oriented	Very people-oriented
Uses mainly facts	Feelings before facts	Statements are promises
Truth before diplomacy	Flexible truth	Diplomacy over truth
Sometimes impatient	Impatient	Patient
Limited body language	Unlimited body language	Subtle body language
Respects officialdom	Seeks out key person	Uses connections
Separates the social and professional	Interweaves the social and professional	Connects the social and professional



Gain cultural skills!

....

Important Values

- o Trust
- o Honesty
- o Social Individualism
- o Gender Equality
- o Family
- o Punctuality
- o Life/work balance







Work and welfare

Work-hours (37.5 hours)

Lunch break (0.5 hours)

Insurance and Benefits by law

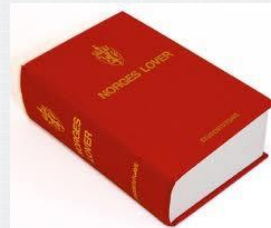
- o Pension
- o Occupational disease and accidents

Trade and Industry Unions

- o LO (Norwegian Confederation of Trade Unions): <https://www.lo.no>
- o NHO (Confederation of Norwegian Enterprise): <https://www.nho.no>
- o Tekna (civil engineers): <https://www.tekna.no/en/>
- o NITO (engineers): <https://www.nito.no>

For more information:

Contact the Norwegian Labor Inspection Authority at: <https://arbeidstilsynet.no>



Taxes, expences and Consumer information

<https://www.skatteetaten.no/person/> or <https://www.skatteetaten.no/en/person/foreign/>

Income

Social security tax (% of salary) 8,2%

Income tax (depends on your salary)

M.V.A (Merverdi avgift)= Value Added Tax

25% for most service

15% for food (not alcohol/tobacco etc.

12% for cinema, transportation

Statistics Norway - <https://www.ssb.no/en>

Norwegian Consumer Council (Forbrukerrådet): <https://www.forbrukerradet.no/news-in-english/>

Economy - <https://www.smartepenger.no/kalkulatorer/> - <https://okonomilappen.no/?cat=15>





Education

- **Public:**
- Kindergarten (Municipality) xxxxxx.kommune.no
- Elementary School (Municipality)
- Middle School (Municipality)
- High School - <https://www.rogfk.no>
- University of Stavanger - <https://www.uis.no/nb>
- BI - [Norwegian Business School](#) -
- [VID Stavanger](#)

- **Private:**
- [International School of Stavanger](#)
- [British International School of Stavanger](#)
- [Sandnes International School](#)
- [Steinerskolen \(Waldorf School\)](#)



Health

- Norwegian Institute of Public Health - <https://www.fhi.no/en/>
- Membership of the National Insurance Scheme - <https://www.nav.no/en/home/rules-and-regulations/membership-of-the-national-insurance-scheme>
- State funded hospitals
- GP
- Small fees to visit doctors and specialists
- *Frikort* after a total of NOK 2921 (sent automatically once limit has passed)
- European Health Insurance - <https://www.helsenorge.no/en/health-rights-tourist-abroad/the-european-health-insurance-card/>
- Health Stations (*Helsestasjoner*) for children - <https://www.helsenorge.no/hjelpetilbud-i-kommunene/helsestasjon-0-5-ar/>
- MinID provides access to online public services at a substantial level of security <https://eid.difi.no/nb/minid>
- Logg inn



Logg inn



Gain cultural skills!

www.stavangerchamber.com

Hei, Inger Tone

Fastlegen din er [REDACTED] ved Stokka legesenter

Din fastlege tilbyr ikke timebestilling og dialog på Helsenorge, men kan ha andre digitale kontaktmuligheter på sin hjemmeside.



Se informasjon om fastlegen din



Se alle helsekontaktene dine



Stavanger Satellite Emergency Room

Updated: 9/21/2021



IN SHORT

EMERGENCY ROOMS ARE FOR EVERYONE, BUT NOT FOR EVERYTHING

- Call 113 for serious and life-threatening injuries and acute illnesses
- Contact your general practitioner first. Outside the GP's opening hours, you can call the satellite emergency room if it cannot wait until the next day.
- Call the emergency room at 116 117 first and make an appointment. If you do not have an appointment, you must wait outside the satellite emergency room.
- Do not call if you are healthy!

Information in other languages



Career in Norway

- NAV : <https://www.nav.no/no/person>
- NAV Eures : <https://www.nav.no/en/home/about-nav/nav-eures-services>
- Temporary staff / Recruitment agencies : <https://www.gulesider.no>
- FINN : <https://www.finn.no>
- Company databases
- LinkedIn
- Starting a new business : <https://skape.no/om-oss/english-info>



....

Language Classes and more.....

- o Johannes læringscenter : <https://johannes.no>
- o AOF: <https://www.aof.no>
- o Folkeuniversitetet i Stavanger : <https://www.folkeuniversitetet.no>
- o Aftenskolen: <https://www.aftenskolen.no>
- o Migranorsk: <https://migranorsk.no>
- o UiS (University of Stavanger): <https://www.uis.no/en>
- o Lingu: <https://www.lingu.no>
- o Berlitz: <https://www.berlitz.com>



Greetings in Norwegian

- | | |
|-------------------|------------------------|
| ○ Hei | Hi |
| ○ Hallo | Hello |
| ○ Ha det bra | Good bye |
| ○ God morgen | Good morning |
| ○ God helg | Have a nice weekend |
| ○ Tusen takk/takk | Thank you |
| ○ Takk for maten | Thank you for the food |
| ○ Vær så god | You are welcome |
| ○ Vær så snill | Please |
| ○ Unnskyld | Excuse me |
| ○ Kan du gjenta | Can you please repeat |
| ○ Jeg heter..... | My name is..... |
-
- Frokost, lunsj, middag = Breakfast, lunch, dinner







- Stavanger.kommune.no
- Sandnes.kommune.no
- Sola.kommune.no
- Randaberg.kommune.no
- etc





Culture and Leisure

Swimming pools, recreational activities, voluntary work, The Stavanger City Archives

Housing

Information about services related to housing from the municipality of Stavanger.

Stavanger Smart City

Health and social care

Information about services related to health and social care from the municipality of Stavanger.

Schools and nurseries

Services related to children, youth and education from the municipality of Stavanger (SFO).

Contact us

Technical services

Information about services related to environment and waste from the municipality of Stavanger.

Commerce and business

Politics and Democracy



Culture and Leisure



Recreational activities

52 everyday trips: find tours in Stavanger

Swimming pools

Information about swimming pools in Stavanger.

Voluntary work

The Stavanger Botanic Garden

The Stavanger Botanic Garden was established in 1977 and includes 8 hectares of garden and parkland





Language ▾  Lytt

SANDNES KOMMUNE



Snarveier

Helse og sosial

Teknisk og eiendom

Barnehage og skole

Kultur og fritid

Politikk og
administrasjon

> [Informasjon om koronaviruset](#)

> [Meld fra](#)

> [Ut i Sandnes \(turer\)](#)

> [Kontakt](#)

> [Jobb i Sandnes kommune](#)

> [Borgerlig vielse](#)

> [Offentlig journal](#)

> [Kart over Sandnes kommune](#)

> [Veiarbeid i Sandnes](#)

> [Turmuligheter](#)

> [For ansatte](#)

> [Sandvedparken pumprack](#)

Transportation

Ferries from Stavanger:

- (Mortevika – Arsvågen) <https://www.fjord1.no/Ruteoversikt/Rogaland/Mortavika-Arsvaagen>

Ferry to Denmark:

- (leaves from Risavika) <https://www.fjordline.com/en>

Cruise Ship Adventures:

- Hurtigruta Cruise Line <https://www.hurtigruten.no/>

• **Airport**

- Sola Airport: <https://avinor.no/en/>
- Airport bus (flybussen): <https://flybussen.no>

Railway

- For local and long distance travel: <https://www.vy.no> App VY



Transportation

Bus

- For local travel: <https://www.kolumbus.no/en/> (Hjem-job-hjem) App for tickets and travel planner
- For travel between Stavanger and Oslo or Stavanger - Bergen
- https://www.lavprisekspressen.no/?gclid=EAIaIQobChMIpJeojrrS9AIVhqkYCh3c9wQCEAAYAAEgJdePD_BwE
- <https://www.nor-way.no/ruter/konkurrenten/#/?step=2&originId&originName&destinationId&destinationName&departureDate=2021-12-08>

Taxi

- Stavanger Taxi : www.rogaland-taxi.no phone: 51 90 90 90 or App taxifix

Bilkollektiv (privat/membership car sharing): <https://bilkollektivet.no>

Bompenger (Toll financing): <https://ferde.no/en>



Driving

- Traffic
- Driving Rules
- Toll-roads
- Driving License Winter
- Insurance
- Hazards
- Alcohol and Drugs
- Car Salvage: NAF or Falken
- Accident statement
- Biking/ Walking

- <https://www.vegvesen.no/forerkort/>
- <https://www.toll.no>
- <https://www.tff.no>. (Insurance)
- <https://lovdata.no/dokument/SF/forskrift/1990-06-29-492>. (Fines/cost)
- <https://www.politiet.no/tjenester/boter-forelegg-og-andre-straffereaksjoner/>



Gain cultural skills!



Examples of motor vehicle-related violations

- Failure to stop at a red light: NOK 6,800
- Failure to give way when required: NOK 6,800
- Driving unlawfully in a public transport lane: NOK 5,500

Examples of bicycle-related violations

- No lights on the bicycle: NOK 1,200
- Failure to stop at a red light: NOK 1,200
- Failure to comply with road traffic signs: NOK 1,200

Offences that lead to prosecution and imprisonment

Serious traffic offences require a more severe response.

The police always prosecute those who are found to be driving under the influence of alcohol or drugs, or who cause traffic violations that lead to serious personal injury or death.

The punishment for serious traffic violations includes fines, terms of imprisonment, liability to pay compensation and disqualification from driving.

Straff ved Promillekjøring

Promille	Bot	Fengsel	Inndragelse førerkort
0,2-0,5‰	Ca 1 månedslønn	Vanligvis ikke	Maks ett år
0,5-1,0‰	1 ½ månedslønn ¹	Betinget fengsel	Minst ett år
1,0-1,5‰	1 ½ månedslønn ¹	Betinget/ubetinget fengsel	Minst ett år
Over 1,5‰	1 ½ månedslønn ¹	Ubetinget fengsel	Vanligvis 2 år

¹ Sjelden mindre enn kr. 10 000,-

....

Daily Life

- o Bottle deposit / recycling
- o Vinmonopolet
- o Fish-market (Fisketorget)
- o Butcher (Slakter)
- o Bakery (Bakeri)
- o Dry-clean (Renseri)
- o Laundry (Vaskeri)



....

House

- Safety
- Electricity
- Water
- Fire
- Heating
- Alarm
- Waste
- Recycling
- <https://sortere.no>

Safety Important Numbers

- Fire 110
- Police 112
- Ambulance 113



Gain cultural skills!

www.stavangerchamber.com

....

A New Network or New Hobby



- o SCI – Stavanger Chamber International <https://www.stavangerchamber.com>
- o SPE – Society of Petroleum Engineers <https://www.spe.no>
- o NPF- Norwegian Petroleum Foundation <https://npf.no/no/>
- o PWC <http://www.pwc-stavanger.no>
- o Stavanger Expats <https://www.facebook.com/groups/stavangerexpats/>
- o SAPS <https://www.facebook.com/StavangerActivePeopleSociety/>
- o Stavanger Turistforening: <https://www.stf.no>
- o Volunteer organizations: <https://www.frivillighetnorge.no/english-summary/>
 - o Ex: Red Cross - <https://www.rodekors.no/lokalforeninger/rogaland/stavanger/>



Søk etter Samsung eller nordlandshest



FINN kart



Torget



Eiendom



Bil og næring



Jobb



Reise



Båt



Bilabonnement



MC



Økonomi



Feriehus & hytter

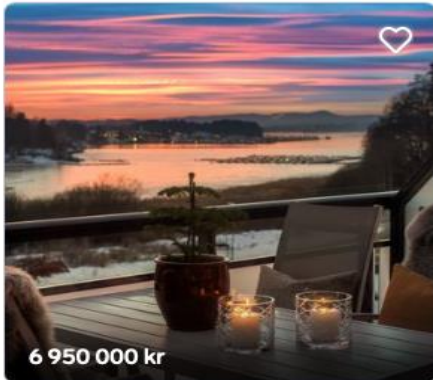


Nettbil

ma

Mittanbud

Anbefalinger til deg (Hvorfor anbefaler vi disse annonsene?)

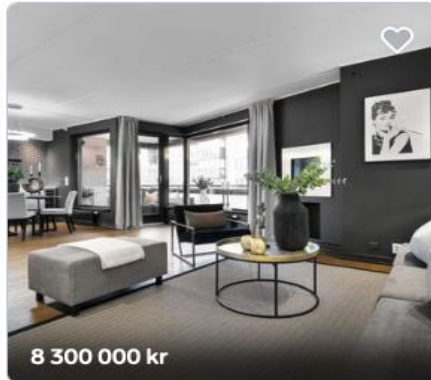


6 950 000 kr

Lysaker

Innbående 3-roms topleilighet med fantastisk utsikt over Holtekilen - Gode solforhold - Balkong - Mulighet for park.

Totalpris: 7 432 570 kr



8 300 000 kr

Oslo

Stor og lekker selveierleilighet m/balkong på ca. 10 m². Gasspeis. Heis. Garasje plass. Rett ved Bestumkilen

Totalpris: 8 519 042 kr



6 200 000 kr

Oslo

Meget attraktiv 3-roms selveier med flott beliggenhet! Peis og balkong. Rolig og tilbaketrukket. Hyggelig utsyn.

Totalpris: 6 475 426 kr



Drømmer du om å leie en fjellhytte?
Finn din favoritt



Holidays

- 25 Annual Holidays
- Maundy Thursday
- Good Friday
- Easter Sunday and Monday
- 1st May - International Labour Day
- 17th May - Constitution Day, Norway's National Day
- Ascension Day
- Whit Sunday and Monday
- 25th and 26th December Christmas, +
- January 1st New years Day



Gain cultural skills!





Sightseeing in Rogaland

- <https://www.visitnorway.no>
- <https://no.regionstavanger-ryfylke.com>
- <https://sirdalsferie.no/hjem#sirdal>
- <https://visitegersund.no>
- <https://www.museumstavanger.no>
- <https://rodne.no>
- <https://www.tidereiser.no>

