



Welcome to the Stavanger-region, September 21, 2022





# Useful contacts

## Stavanger Chamber of Commerce

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

### Upcoming events

Choose upcoming or held meetings

Upcoming events



Subscribe to events

April 2022

20. Apr

**Job Search:**

Time: 09:30 - 11:30

Personal development

The Job Search meeting series is an offer for everyone who recently arrived to the Stavanger-region...

20. Apr

**Challenge yourselves and get inspired**

Time: 18:30 - 21:00

Personal development

What kind of activities do you like to get inspired by or challenge yourselves with? How do you us...

22. Apr

**Morning session: City Tour Walk**

Time: 10:00 - 11:30

Here is your chance to get acquainted with the city of Stavanger and meet newcomers in our region!

24. Apr

**Hiking at beautiful Rennesøy**

Time: 11:00 - 17:00

26. Apr

**Area Orientation program**

Time: 08:30 - 15:30

Cultural training

27. Apr

**Job Search: Labor market update**

Time: 09:30 - 11:30

× Enroll for event

E-mail:

odegard@naeringsforeningen.no

First name:

Inger Tone

Last name:

Ødegård

Phone number:

45854130

Company:  I enroll individually or as a student

× Wrong company?

Organization number:

971079231

Company:

Næringsforeningen i Stavanger-regionen

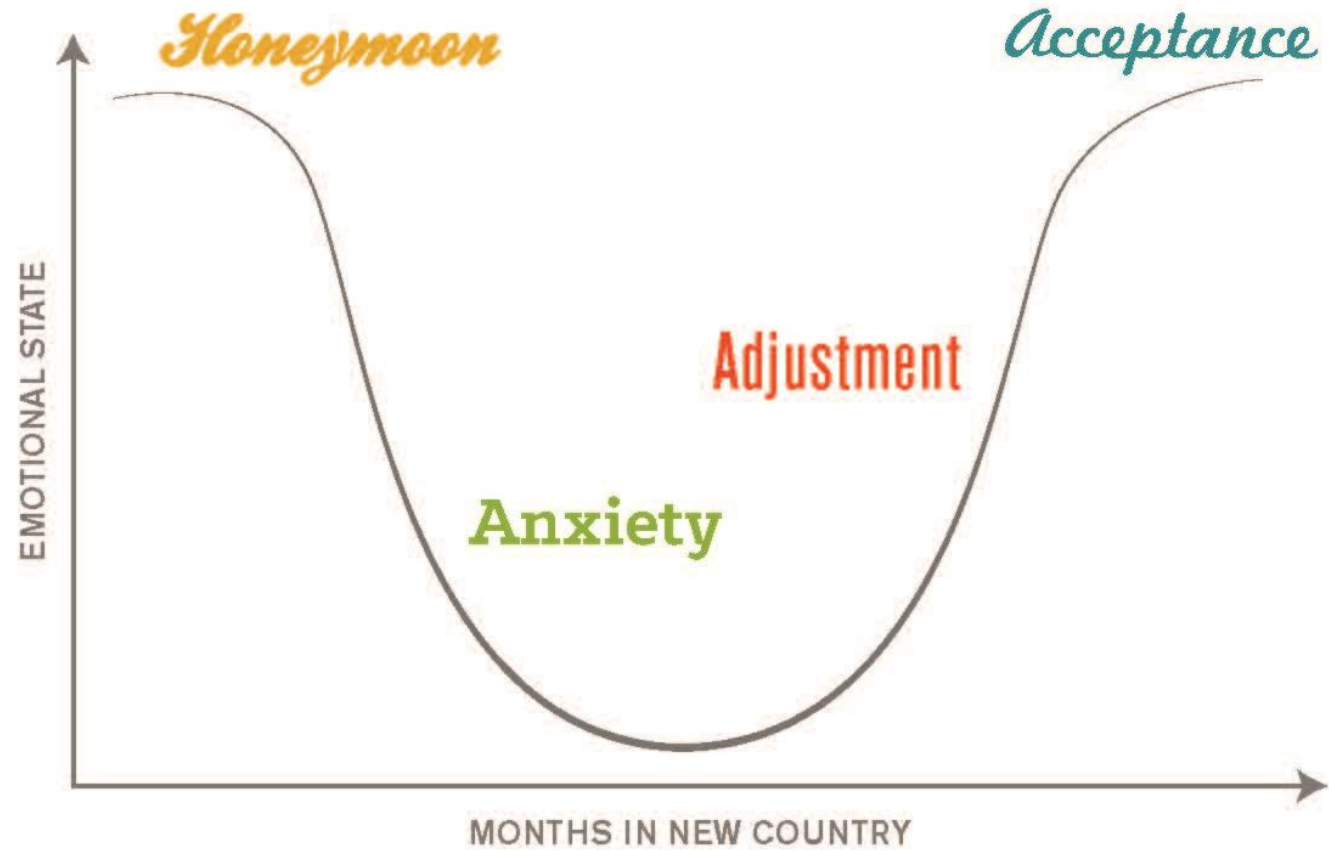
Billing address:

What's important for you?





# STAGES of CULTURE SHOCK



Norway: [norge.no](http://norge.no) (gateway to Digital public services)

County: Rogaland: [rogfk.no](http://rogfk.no)

Regional areas:

Dalane

Jæren

Nord-Jæren

Haugalandet

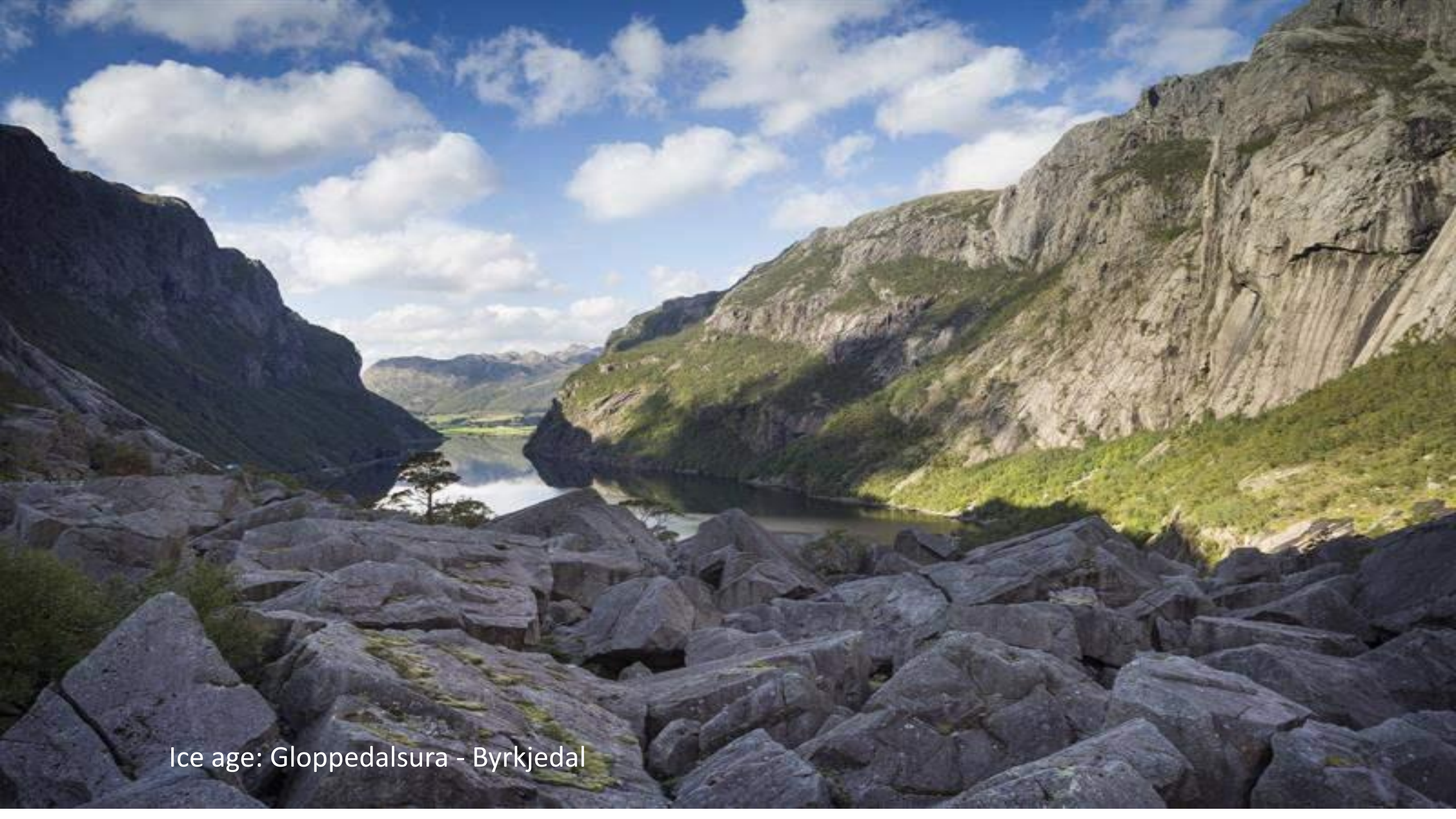
Municipalities:

[Stavanger.kommune.no](http://Stavanger.kommune.no)

[Sandnes.kommune.no](http://Sandnes.kommune.no) og [xxxxxx.kommune.no](http://xxxxxx.kommune.no)







Ice age: Gloppedalsura - Byrkjedal



Stone age: Vistehola - Randaberg



Iron age: Jernaldergården - Ullandhaug



Vikingtiden 793 - 1100



Utstein Monastery (Norway's only preserved medieval monastery)



**May 17th**

The constitution written May 17 - 1814

Royal Family website: <https://www.kongehuset.no>

# Norwegian Government and Parliament

- Government-21 Ministers and the PM
- Parliament -169 representatives
- Norway's national assembly was constituted at Eidsvoll in 1814
- Prime Minister: Jonas Gahr Støre



# Useful contacts and politics abroad

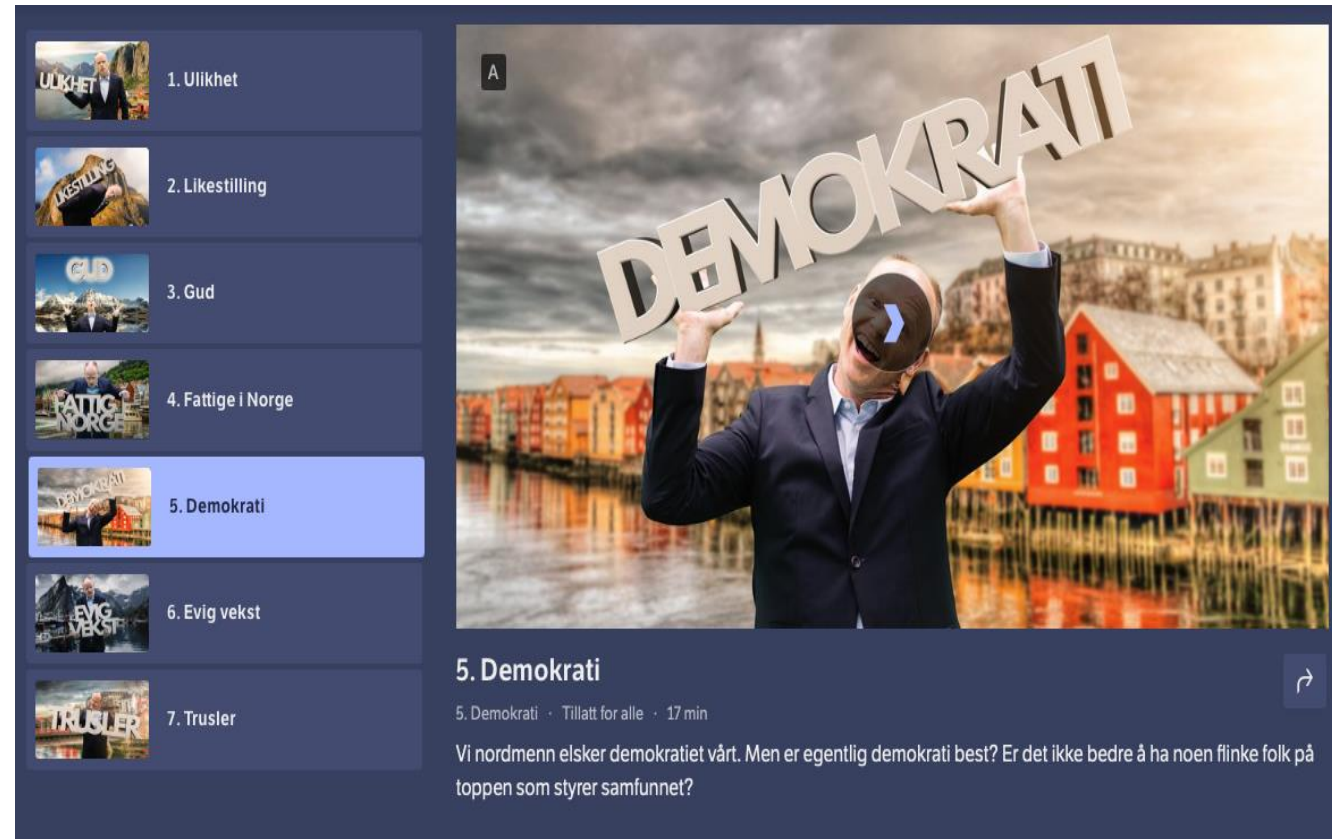
- Norway - Non-member of the EU
- European Economic Area members
- Member of NATO (since 1949)
- Member of UN (United Nations)
- Norway has Embassies and Consulates in many places around the world
- <https://www.regjeringen.no/no/dep/ud/org/utenriksstasjoner/id524467/>
- <https://www.innovasjon Norge.no/en/start-page/>
  
- 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/artikler/nettverk-for-etniske-minoritetsforeninger>
- <https://www.solvberget.no/artikler/internasjonalt-kulturkafe>
- Currency: Kroner (NOK or Kr.) – ex: <https://www.forex.no/en/find> (all the banks and others)





# Important values («Sånn er Norge» – NRK) Why?

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



The image shows a screenshot of a YouTube video player. On the left, there is a vertical list of seven values, each with a small thumbnail and a number:

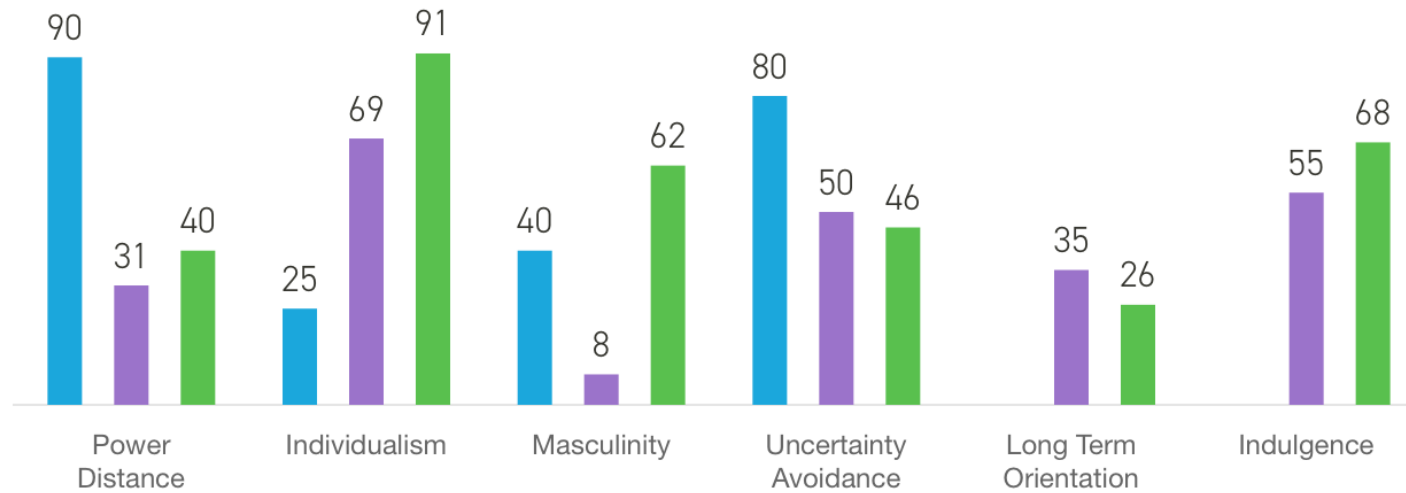
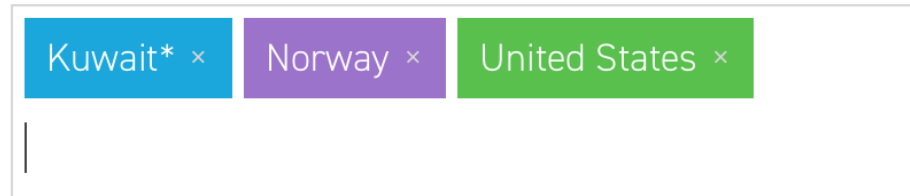
1. Ulikhet
2. Likestilling
3. Gud
4. Fattige i Norge
5. Demokrati
6. Evig vekst
7. Trusler

The fifth item, '5. Demokrati', is highlighted in blue. To the right of the list is a large video thumbnail. The thumbnail shows a man in a dark suit holding up large, 3D block letters that spell 'DEMOKRATI'. He is also holding a black circular object with a white arrow pointing to the right. The background of the thumbnail is a scenic view of a town with colorful houses (red, orange, green) and a body of water. Below the thumbnail, the video title '5. Demokrati' is displayed, along with the text '5. Demokrati · Tillatt for alle · 17 min' and a share icon. Below the title, there is a short description in Norwegian: 'Vi nordmenn elsker demokratiet vårt. Men er egentlig demokrati best? Er det ikke bedre å ha noen flinke folk på toppen som styrer samfunnet?'.

# Life/work balance



# Cultural awareness: Perceptions and productivity (Geert Hofstede)



## **LINEAR-ACTIVE**

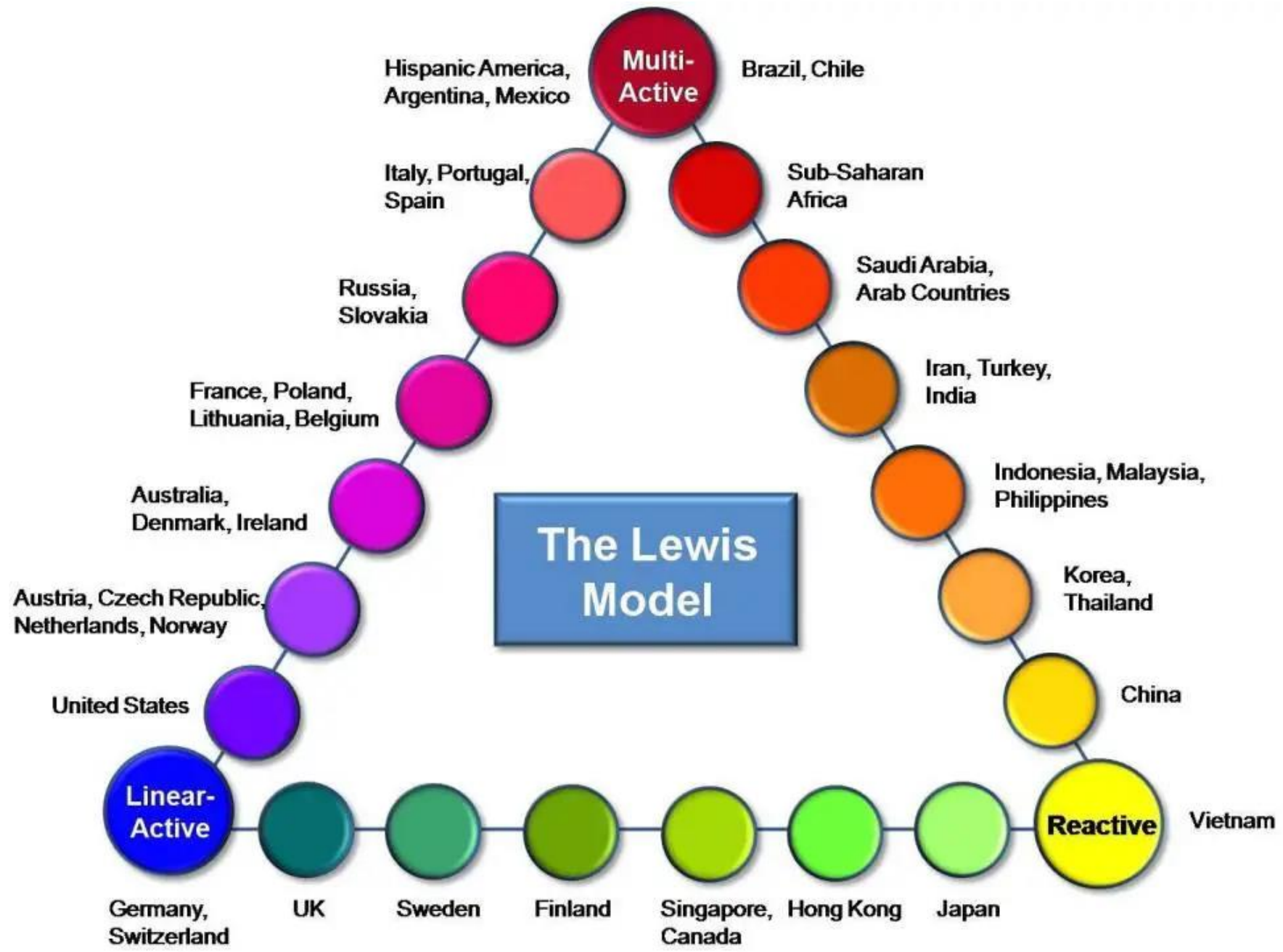
**Talks half the time**  
**Does one thing at a time**  
**Plans ahead step by step**  
**Polite but direct**  
**Partly conceals feelings**  
**Confronts with logic**  
**Dislikes losing face**  
**Rarely interrupts**  
**Job-oriented**  
**Uses mainly facts**  
**Truth before diplomacy**  
**Sometimes impatient**  
**Limited body language**  
**Respects officialdom**  
**Separates the social and professional**

## **MULTI-ACTIVE**

**Talks most of the time**  
**Does several things at once**  
**Plans grand outline only**  
**Emotional**  
**Displays feelings**  
**Confronts emotionally**  
**Has good excuses**  
**Often interrupts**  
**People-oriented**  
**Feelings before facts**  
**Flexible truth**  
**Impatient**  
**Unlimited body language**  
**Seeks out key person**  
**Interweaves the social and professional**

## **REACTIVE**

**Listens most of the time**  
**Reacts to partner's action**  
**Looks at general principles**  
**Polite, indirect**  
**Conceals feelings**  
**Never confronts**  
**Must not lose face**  
**Doesn't interrupt**  
**Very people-oriented**  
**Statements are promises**  
**Diplomacy over truth**  
**Patient**  
**Subtle body language**  
**Uses connections**  
**Connects the social and professional**

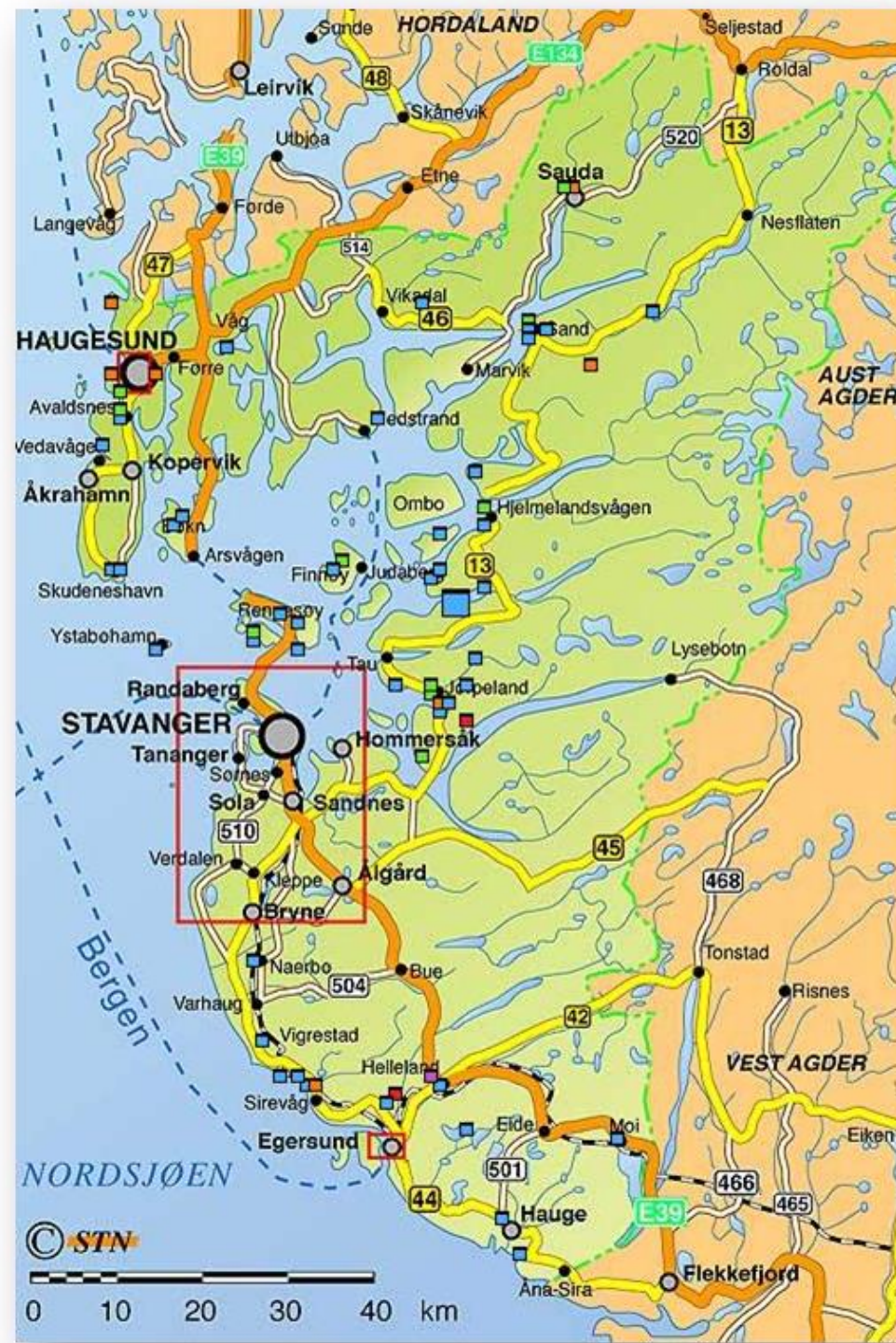




# Rogaland Fylke

Rogaland Fylkeskommune : [rogfk.no](http://rogfk.no)

- High schools
- FV (roads)
- Transportation (Kolumbus)
- Business section
  - Ex
  - Rogaland Idrettskrets
  - Rogaland Røde Kors etc







## Hva kan vi hjelpe deg med?

Søk i hele nettsiden



### Se oversikt

### Mye besøkt nå:

- [Påmeldingen til folketorget har åpnet!](#)
- [Koronainformasjon - Har du testet positivt?](#)
- [Ledige stillinger](#)
- [Varsle om feil](#)
- [Bestill matavfallsposer](#)

Del melding: [f](#) [t](#) [in](#)



Melding

### Slutt på smitterapportering

- Fra og med mandag 14. februar legger vi ikke lenger ut smittetall på kommunens nettsider. Barn og unge trenger ikke lenger å teste seg. Derfor vil ikke kommunens smittetall gi noe reelt bilde av smittesituasjonen.
- Husk at du kan [abonnere på nyheter fra kommunen](#).

Sist oppdatert 14. februar kl. 11.14



## **Culture and Leisure**

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

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## **Housing**

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

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## **Stavanger Smart City**

## **Health and social care**

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

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## **Schools and nurseries**

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

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## **Contact us**

## **Technical services**

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

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## **Commerce and business**

## **Politics and Democracy**



<https://www.yr.no>  
<https://www.met.no>





# Outdoor life:

<https://ut.no> (Cover all of Norway)

<https://www.jarenfri.no>

<https://www.dalane-friluftsråd.no>

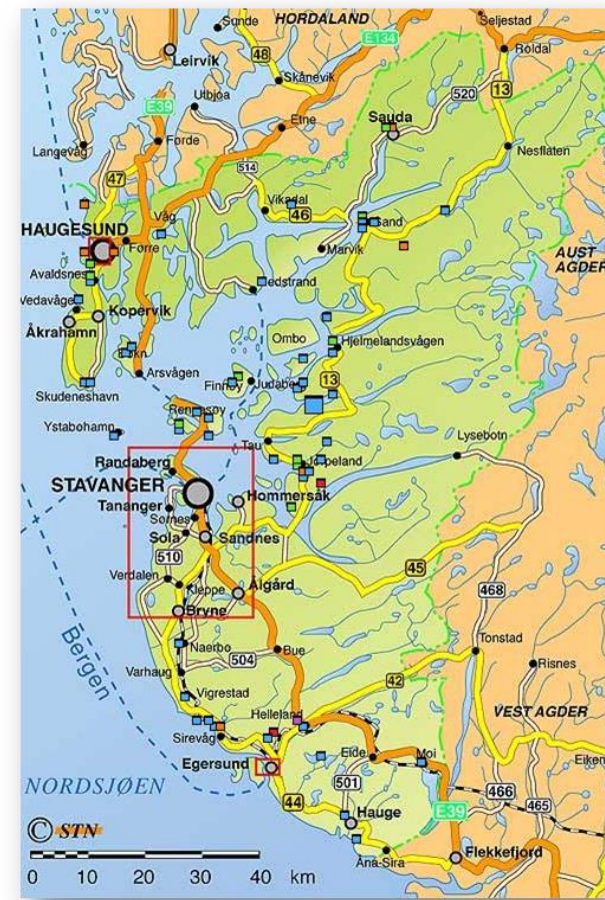
<http://www.ryfri.no>

<https://sirdalsferie.no/hjem#sirdal>

<https://www.stf.no> (Stavanger Turistforening)

Lov om friluftslivet (Lovdata): <https://snl.no/friluftsloven>

«Allemannsretten»





# Businesses



# Work and welfare

Work-hours (37.5 hours)

Lunch break (0.5 hours)

## Insurance and Benefits by law

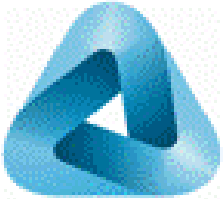
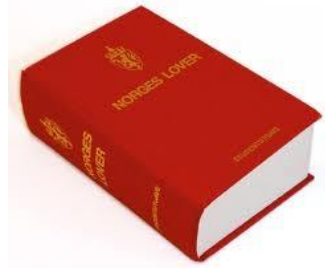
- Pension
- Occupational disease and accidents

## Trade and Industry Unions

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

## For more information:

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



**NHO**





# Taxes

## Income

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

Income tax (22%) + “trinnskatt”

Real Estate – Fortune - Heritage

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

25% for most service

15% for food (not alcohol/tobacco)

12% for cinema, transportation

<https://skatteetaten.no/person/>

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

2022	
Trinnene	Sats
0	0,00%
190 350	1,70%
267 900	4,00%
643 800	13,40%
969 200	16,40%
2 000 000	17,40%

# Useful consumer information

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>



# SUSTAINABLE DEVELOPMENT GOALS

17 GOALS TO TRANSFORM OUR WORLD

**1** NO POVERTY

**2** ZERO HUNGER

**3** GOOD HEALTH AND WELL-BEING

**4** QUALITY EDUCATION

**5** GENDER EQUALITY

**6** CLEAN WATER AND SANITATION

**7** AFFORDABLE AND CLEAN ENERGY

**8** DECENT WORK AND ECONOMIC GROWTH

**9** INDUSTRY, INNOVATION AND INFRASTRUCTURE

**10** REDUCED INEQUALITIES

**11** SUSTAINABLE CITIES AND COMMUNITIES

**12** RESPONSIBLE CONSUMPTION AND PRODUCTION

**13** CLIMATE ACTION

**14** LIFE BELOW WATER

**15** LIFE ON LAND

**16** PEACE, JUSTICE AND STRONG INSTITUTIONS

**17** PARTNERSHIPS FOR THE GOALS

  
SUSTAINABLE DEVELOPMENT GOALS

# SUSTAINABLE DEVELOPMENT GOAL 4:

Ensure inclusive and quality education for all and promote lifelong learning.



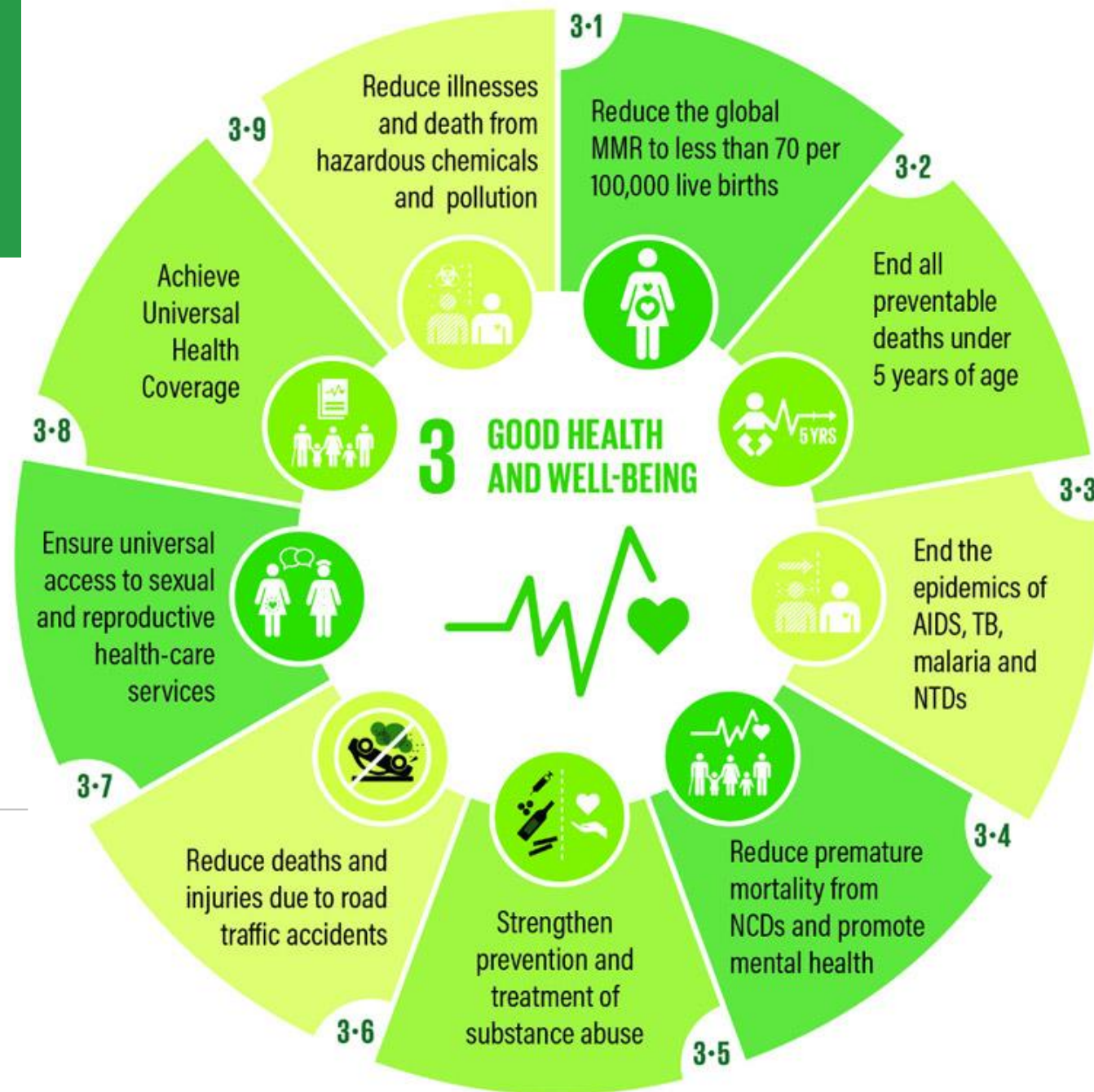
## ● Targets and Progress

- **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/ «Friskoler»**
- [International School of Stavanger](#) (private)
- [British International School of Stavanger](#)
- [Sandnes International School](#)
- [Steinerskolen \(Waldorf School\)](#)



## SUSTAINABLE DEVELOPMENT GOAL 3:

Ensure healthy lives and promote well-being for all at all ages



### Relaterte tema og innsikt

Psykisk helse og livskvalitet

Helseberedskap

Folkehelseloven

Strålevern og atomberedskap

Smittevern

Ny folkehelsemelding

Miljø og helse

Helseregisterloven

Genmodifisert mat

# Useful links about Healthcare



Logg inn

- 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 fee 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

# Hei, Inger Tone

## Fastlegen din er Per Ivar Johannessen ved Stokka legesenter

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



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Se informasjon om fastlegen din



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Se alle helsekontaktene dine



# Stavanger Satellite Emergency Room

Updated: 9/21/2021



## IN SHORT

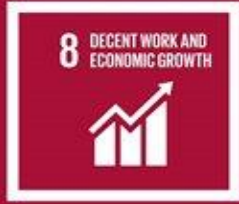
EMERGENCY ROOMS ARE FOR EVERYONE, BUT NOT FOR EVERYTHING

- 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



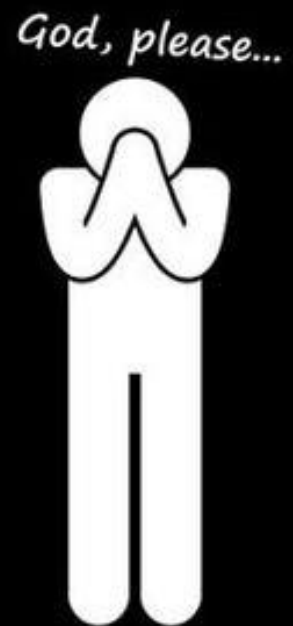
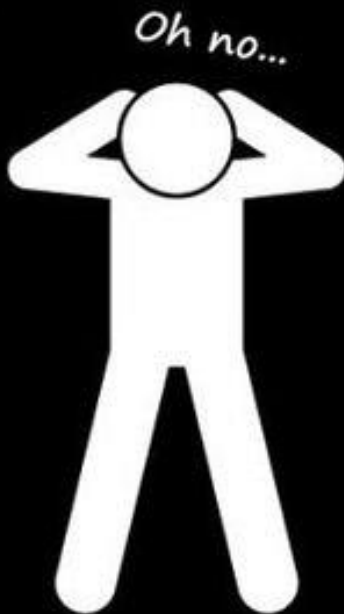




**Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all**



- 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-in>



# Language

- Kompetanse Norge: **kompetansenorge.no** (online/apps/language games etc) - FREE
- Johannes læringscenter : <https://johannes.no>
- AOF: <https://www.aof.no>
- Folkeuniversitetet i Stavanger : <https://www.folkeuniversitetet.no>
- Aftenskolen: <https://www.aftenskolen.no>
- Migranorsk: <https://migranorsk.no>
- UiS (University of Stavanger): <https://www.uis.no/en>
- Lingu: <https://www.lingu.no>
- Berlitz: <https://www.berlitz.com>

Æ = AE / Ø = OE / Å = AA

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



# 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

## **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=EAlalQobChMIpJe0jrrS9AlVhqkYCh3c9wQCEAAYAyAAEgJdePD\\_BwE](https://www.lavprisekspressen.no/?gclid=EAlalQobChMIpJe0jrrS9AlVhqkYCh3c9wQCEAAYAyAAEgJdePD_BwE)
- <https://www.norway.no/ruter/konkurrenten/#/?step=2&originId&originName&destinationId&destinationName&departureDate=2021-12-08>

## **Taxi**

- Stavanger Taxi : [www.rogaland-taxi.no](http://www.rogaland-taxi.no) phone: 51 90 90 90 or App taxifix

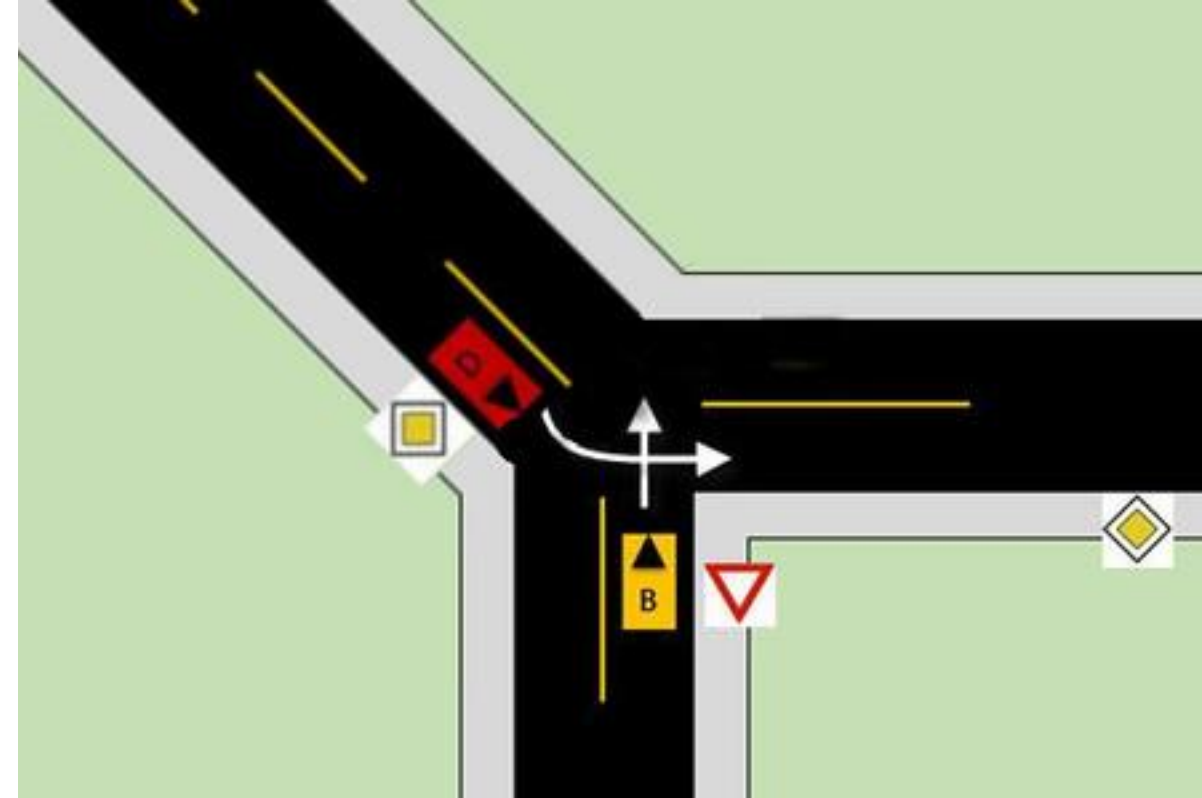
**AutoShare**      <https://www.kolumbus.no/reise/bil/bildeling-i-kolumbus/>

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

# Daily life traffic

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

- <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/>



# Useful links about shopping

- Groceries / Butcher / Fish market / Bakery
- Opening-hours
- Organics
- International stores
- Price-level (Apps and web pages ex: <https://enhver.no/priser/>)
- Membership
- Norwegian food traditions [https://snl.no/norsk\\_mat\\_og\\_matkultur](https://snl.no/norsk_mat_og_matkultur)
  
- <https://frilager.no> (rental outdoor equipment)
- <https://www.finn.no>
- <https://www.gulesider.no>





# Daily life

- Safety / Alarm
- Electricity
- Water/ Waste (xxx.kommune.no)
- Fire
- Heating
- Recycling
- <https://sortere.no>
- <https://www.ivar.no/english/>

## Safety Important Numbers

- Fire 110
- Police 112
- Ambulance 113





🏢 Firma (625)

👤 Personer (0)

📍 I nærheten

📄 Omtaler ▾

🛒 Nettbutikker

tannlege stavanger ga 625 firma i dette området

**Tannklinikken**  
Larsen og Bø

VI TAR IMOT NYE PASIENTER

**ALLMENN OG SPESIALISTKLINIKK**  
VI TILBYR AKUTTBEHANDLING

KLIKK HER

**Tannklinikken Larsen og Bø**

[www.tannlegenelarsenogboe.no](http://www.tannlegenelarsenogboe.no)

Løkkeveien 51  
4008 Stavanger

[Vis veibeskrivelse](#)

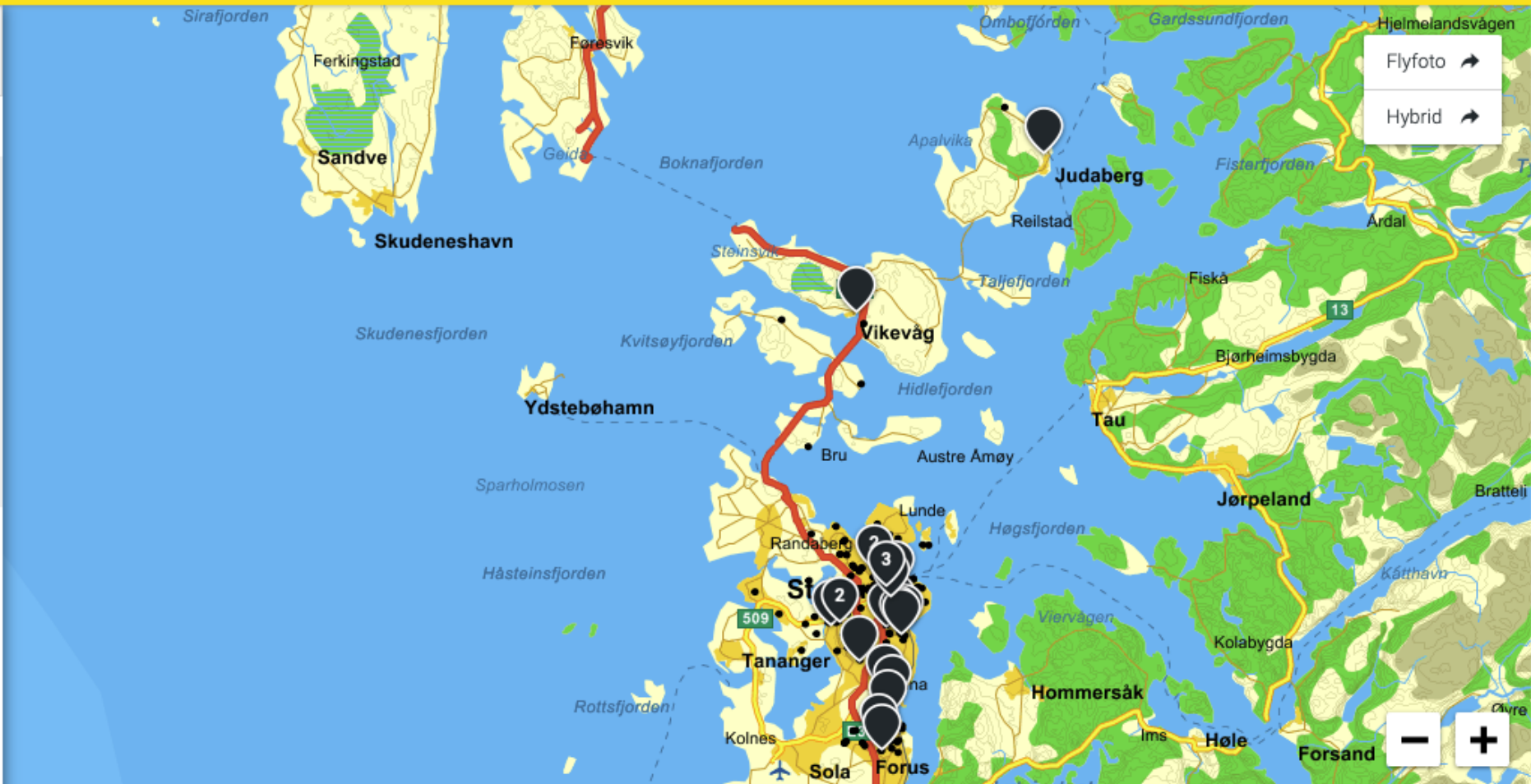
🕒 Åpent



**Tannklinikken**  
Larsen og Bø



51 53 13...



Flyfoto ↗

Hybrid ↗

⊖ ⊕

Søk etter ved eller vinterjakke



 FINN kart



Torget



Eiendom



Bil og næring



Jobb



Reise



Båt



Bilabonnement



MC



Økonomi



Feriehus & hytter



Nettbil

**ma**

Mittanbud

## Nå er det -50% rabatt på frakt!

Gjelder fra 15. - 28. august på alle kjøp med Fiks ferdig!

[Finn noe fint](#)



**Anbefalinger til deg** (Hvorfor anbefaler vi disse annonsene?)



**Selg småting uten småprat.**

Ny meldingsfri handel med frakt og trygg betaling!

[Prøv Fiks ferdig!](#)



# Holidays in Norway

## 25 Annual Holidays

Easter (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



# Enjoy life in the Stavanger region and Norway

<https://www.visitnorway.no>

<https://no.regionstavanger-ryfylke.com>

<https://sirdalsferie.no/hjem#sirdal>

<https://visitegersund.no>

<https://museumstavanger.no>

<https://rodne.no>

<https://www.tidereiser.no>

# A new network or a new hobby

SCI – Stavanger Chamber International <https://www.stavangerchamber.com>

SPE – Society of Petroleum Engineers <https://www.spe.no>

NPF- Norwegian Petroleum Foundation <https://npf.no/no>

PWC – People Who Connect <http://www.pwc-stavanger.no>

Stavanger Expats <https://www.facebook.com/groups/stavangerexpats/>

SAPS <https://www.facebook.com/StavangerActivePeopleSociety/>

Stavanger Turistforening: <https://www.stf.no>

Courses: <https://www.kursagenten.no> (food, art, any hobby....)

Choir/ Chess/ Bridge/ Fishing/ Cycling/ Surfing/ Litteratur .....

Volunteer organizations: <https://www.frivillighetnorge.no/english-summary/>

- Ex: Red Cross - <https://www.rodekors.no/lokalforeninger/rogaland/stavanger/>

