

Oslo, Norway

Presentation by Paul Pacter

www.PaulVisits.com

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English: Kingdom
of Norway.
Norwegian:
Kongeriket Norge.
English short form:
Norway.
Norwegian short:
Norge.
Capital: Oslo.



Norway Area: 140,000 sq miles.

– Slightly smaller than Italy.

Border countries:

- Finland 441 miles.
- Sweden 1,035 miles.
- Russia 119 miles. ⚠️

Sea Borders: North Sea and Atlantic Ocean.



Norway Terrain

Mostly high plateaus and rugged mountains, with fertile valleys.

Coastline is deeply indented by fjords. Fjords are narrow, steep-sided valleys filled with water.

Differs from Sweden – which is forests rather than mountains.

Differs from Denmark – which is flat.

Aurlandsfjord – Norway



Aurora Borealis
Norway
Sept 1, 2017



Midnight Sun & Polar Nights

During the summer months, the sun doesn't set in parts of Northern Norway. Winter brings extended periods of darkness known as Polar Nights.

Northern Lights (aka Aurora Borealis): Best seen August to April (cooler periods).

Population: 5,601,000 (2025 est.).

Ethnic Groups (2021 est):

- Norwegian 82% (includes Sami).
- Other European 9%.
- Other 9%.

<https://www.cia.gov/the-world-factbook/countries/norway/>

In February 2026, the CIA ended publication of the World Factbook. No reason given.

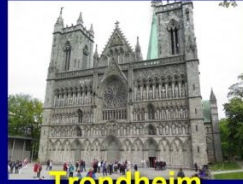
- First published internally in 1962.
- Public version released in the 1970s.
- Online since 1997.

Five largest cities – Population of Urban Area (2024)

- 1 Oslo 1,082,575
- 2 Bergen 269,548
- 3 Stavanger 234,757
- 4 Trondheim 196,948
- 5 Drammen 122,955



Stavanger



Trondheim

https://en.wikipedia.org/wiki/List_of_urban_areas_in_Norway_by_population

Official Languages

Norwegian. Sami is also official in 3 northern counties, 1% of population.

Norwegian is generally mutually intelligible with Danish and Swedish.

English: Good morning. Today is Monday.

Norweg: God morgen. I dag er det mandag.

Danish: Godmorgen. I dag er det mandag.

Swedish: God morgon. Idag är det måndag.

Norwegian Alphabet

– 29 letters: English 26 + æ ø å

English

- Second most widely spoken language in Norway.
- 4.5 million English-speakers. Approximately 88% of the Norwegian population.

https://en.wikipedia.org/wiki/Languages_of_Norway

Religion (2021 est.)

Church of Norway (Evangelical Lutheran - official): 68%.

Muslim: 3%.

Roman Catholic: 3%.

Other Christian: 4%.

Other: 3%.

None: 20%.



Church of Norway

<https://www.cia.gov/the-world-factbook/countries/norway/>

Median Age: 40.8. (USA 39.1).

Population growth: 0.6%.

Urban population: 84% of total population (2024).

Citizenship by birth: No.

At least one parent must be Norwegian.

Dual citizenship: Recognized.

Norway's Capital City: Oslo.

Population:

– City: 710,000.

– Greater urban area: 1,064,000.

About same latitude as Anchorage, Alaska.



Government type: Unitary parliamentary constitutional monarchy.

Unitary: Most power rests with national government (not counties or cities).

Parliamentary: Elected legislature, majority party or coalition appoints PM. (Head of government is not directly elected.)

Head of state: King Haakon VIII (Since 2026)
Hereditary.

Residence: Royal Palace, Oslo.



Late King Harald V and Queen Sonja



King Haakon and Queen Mette-Marit



King Haakon with Crown Princess Ingrid Alexandra

Head of government:

Prime Minister Jonas Gahr STORE (since 14 October 2021).



Following parliamentary elections, the monarch appoints the leader of the majority party or majority coalition as Prime Minister, with approval of parliament.

Legislature:

- Unicameral.
- Parliament: **Stortinget.**
- 169 seats, all directly elected.
- 4-year terms.
- Election 9/8/2025 - Result:
 - 9 parties have seats.
 - 44% women.



Stortinget - Oslo.

Member:

Schengen and NATO.
NOT an EU member.
IS an EEA member.



Time Difference: UTC+1 (6 hours ahead of NY City).

Internet country code: .no

Phone country code: +47

Economy

High Income and Wealth.

GDP (nominal) 2025 estimate:

- \$504 billion.
- Per capita \$89,690.

GDP (PPP) 2025 estimate:

- \$607 billion.
- Per capita \$107,890.

<https://www.imf.org/en/Publications/WEO/weo-database/2025/april>

National Wealth Fund

Income from Norway's North Sea oil & gas goes in a fund to support a generous welfare system for current and future Norwegian citizens.

Largest sovereign wealth fund in the world.

Invests globally in equities and debt.

Sept 2025 Total Assets: \$2 trillion.

Norwegian government can only spend a maximum of 3% of the fund's value annually in its national budget.

https://en.wikipedia.org/wiki/Government_Pension_Fund_of_Norway

Currency

Norwegian Krone.

Not in Eurozone.

1 NOK = US\$ 0.10.



Military Spending

3.4% of GDP (USA 3.4%) 2025 est.

Selective compulsory military service (draft) men and women.

History - 1

994: Christian Kingdom of Norway begun.

1300s: Black plague killed more than half the population.

1397: United with Denmark. Ruled by Danish kings for over 400 years.

1814: Sweden invaded. Ruled by Swedish kings for about 100 years.

History - 2

1905: Referendum granted Norway independence. Sweden concurred.

WWI: Norway remained neutral in World War I.

WWII: Nazi Germany occupied the country 1940-45. **Government fled to London.**

1949: Norway abandoned neutrality and became a member of NATO.

History - 3

Late 1960s: Discovery of oil and gas in North Sea. Vast wealth.

1972 and 1994: Referendums voted against Norway joining the EU.

Key domestic issues today:

- Immigration and ethnic minorities.
- Maintaining social welfare system with an aging population.
- Economic competitiveness.

Flag

Colors represent Norway's past political unions with Denmark (red and white) and Sweden (blue).



National day: 17 May (1814) Adoption of Constitution.

National Animal: Moose. Moose in Europe is elk in United States.

National Sport: Cross-country skiing.

Norway Is One of the Largest Seafood Producers

Tons of Fish
Crustaceans
Mollusks
2022



Country	Capture	Aquaculture	Total
China	13,179,077	75,388,639	88,567,716
Indonesia	7,398,555	14,633,869	22,032,425
India	5,539,025	10,235,300	15,774,325
Vietnam	3,590,003	5,170,375	8,760,378
Peru	5,368,101	140,931	5,509,031
Russia	4,991,530	348,187	5,339,717
Bangladesh	2,027,661	2,731,070	4,758,731
USA	4,262,836	478,824	4,741,660
Norway	2,613,634	1,648,469	4,262,103
Chile	2,690,091	1,524,149	4,214,240

https://en.wikipedia.org/wiki/Fishing_industry_by_country

Norway tops the Winter Olympics medal count



Defunct nation		Gold	Silver	Bronze	Total	Games
1	Norway	148	134	123	405	24
2	United States	114	121	95	330	24
3	Germany	104	98	65	267	13
4	Soviet Union	78	57	59	194	9
5	Canada	77	72	76	225	24
6	Austria	71	88	91	250	24
7	Sweden	65	51	60	176	24
8	Switzerland	63	47	58	168	24
9	Netherlands	53	49	45	147	22
10	Russia	47	39	35	121	6
11	Finland	45	65	65	175	24
12	Italy	42	43	56	141	24
13	France	41	42	55	138	24
14	East Germany	39	36	35	110	6
15	South Korea	33	30	16	79	19
16	China	22	32	23	77	12
17	Japan	17	29	30	76	23
18	Great Britain	12	5	17	34	24
19	West Germany	11	15	13	39	6
20	Czech Republic	10	11	13	34	7



https://en.wikipedia.org/wiki/Winter_Olympic_Games

Salmon Sushi: Norwegians introduced salmon sushi to Japan in the 1980s!

A Norwegian surplus of salmon plus heavy marketing overcame traditional Japanese resistance to eating raw salmon.



<https://www.npr.org/2015/09/18/441530790/how-the-desperate-norwegian-salmon-industry-created-a-sushi-staple>

A Few More Fun Facts

Electric Vehicles: Norway has the world's highest adoption rate for electric cars.

Norway's power production:

Is almost 100% renewable, primarily hydropower.



More Fun Facts

Lærdal Tunnel: The world's longest road tunnel (15.2 miles) connects Oslo with Bergen. 20-minute drive. Rest areas and turn-arounds.

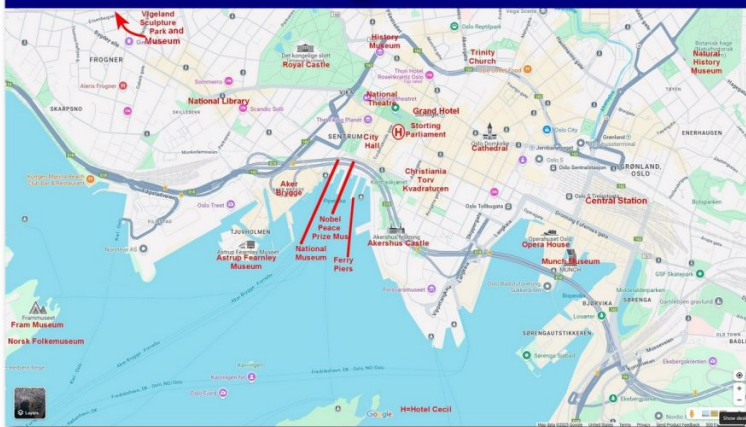


Christmas Tree: Norway supplies one to London every year. **Gratitude.**

Let's Look at Some Tourist Sights in Oslo, Norway

Note: Oslo was called Kristiania (also Christiania) from 1624 until 1925. Oslo is the Norse name.

Oslo Tourist Sights



Twice a Week Nonstop Fort Myers to Frankfurt, Germany
Subsidiary of Lufthansa. Connect to Oslo.



From Oslo Airport to City Center:
Taxi is over US\$100. 40 minutes.
Pay by credit card.

Better alternative: Fly-to-Get
Airport Express train. Departs
every 10 minutes. 19 minutes to
city. Several stops in city center,
including Central Station and
National Theatre. Book online.

**From Airport Express
Train to Oslo**



**From Airport Express
Train to Oslo**



Norway: Sustainable Forest Management

**View from Train
Oslo's "Bar Code" Buildings**



Hotel in Oslo

- Prepare for sticker shock – not just hotels, everything!
- Especially in July-August peak.
- We chose mid-range local hotel chain: Per night NOK2,500 to NOK3,000 (US\$250-\$300) including huge breakfast, taxes.
- Very satisfied.

**Thon Hotel Cecil
Right in Oslo city center.
Walk to many tourist sights.
Trams and buses a block or two away.**



Great buffet breakfast



Mackerel and Salmon



Many kinds of cheese.
Norway "Brown Cheese"
Norwegian: Gjetost.



Frogner Park – Vigeland Sculptures

Norwegian sculptor Gustav Vigeland (1869-1943) created 212 huge bronze and granite sculptures that are a large part of his life's work. He left them to the city. They are displayed in an 80-acre section of Frogner Park in Oslo.

It's the #1 tourist attraction in all of Norway.
The sculptures culminate in the famous Monolith, which has 121 figures struggling to reach the top of the sculpture.

Vigeland Sculptures The Monolith



Gustav Vigeland Sculptures



Gustav Vigeland Sculptures



Gustav Vigeland Sculptures



Vigeland Museum

Also in Frogner Park is the Gustav Vigeland Museum – which was Vigeland's studio and home until he died in 1943.

The museum houses various works by the artist, along with the plaster models of the Vigeland sculptures in the park.

Gustav Vigeland Museum



Gustav Vigeland Museum



Public Transport

Buses (50 lines), trams (6 routes), a metro (5 lines), and local ferries.

Easiest with a phone app. You can buy single tickets (timed, allowing transfers), day passes, etc. Can also buy paper tickets from ticket machines at stops and at convenience stores.

Single ticket in city center about US\$4 for 60 minutes. Big discount for seniors.

Honor system – you don't show ticket when entering. But there is a big fine if you cannot produce a valid ticket for inspectors.

Oslo Tram - Line 12



Oslo Tram



Oslo "Bendy" Bus



Stortinget: Norwegian Parliament Built 1866

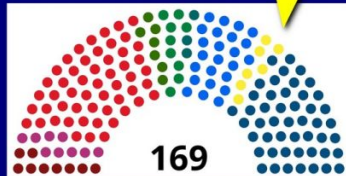


Norway's Parliament: Stortinget.
169 seats, 4-year terms. Unicameral.
Last election Sept 8, 2025

Result: 9 parties have seats.

Issues in the election:

- Taxes.
- Immigration.
- Energy policy.
- Foreign relations.
- Healthcare.
- Rising inequality.



Guided tours of the Parliament building (in Norwegian and English) FREE in Summer:

- Weekdays at 10:15 am. 1 hour.
- Meet in Akersgata, behind Parliament building. 30 people.
- Cannot book. Arrive 9:45.

Outstanding. Recommended!

Floor of Norway's Parliament: Storting. 1866.



Until 2009 this was Norway's second parliament chamber. Merged into one 2009.



Akershus Castle and Fortress was built in 1290s under king Håkon V.

The medieval castle had a strategic location guarding Oslo.

It later became the royal residence.

Some royal tombs there.

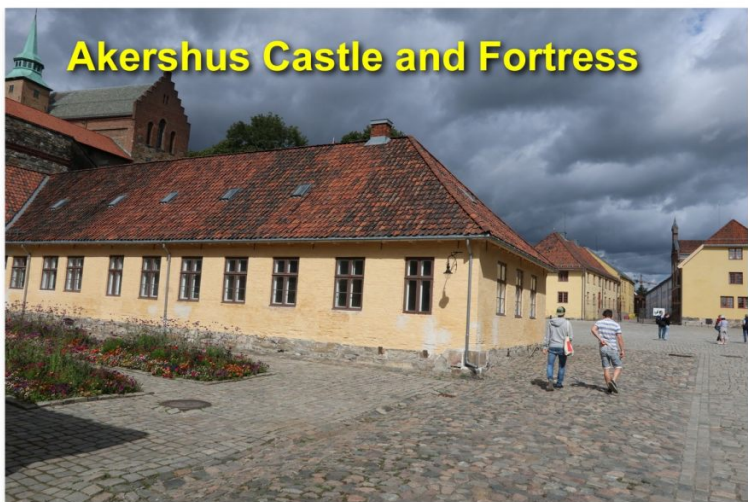
15 buildings.

Today still a military facility but open to the public 6am to 9pm.

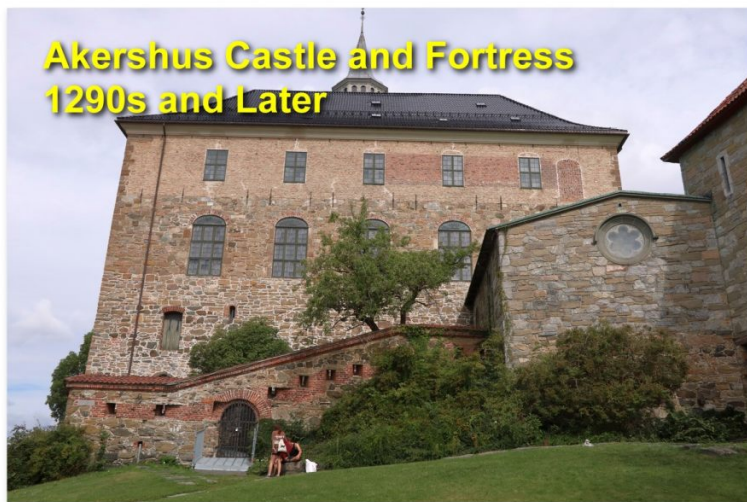
Akershus Castle and Fortress



Akershus Castle and Fortress



Akershus Castle and Fortress 1290s and Later



Grand Hotel Oslo

- 284 rooms, incl 54 suites.
- Opened in 1874.
- Ballroom opened 1886.
- Rococo banquet hall opened 1894.
- Rooftop bar, great views.
- For many years it was playwright Henrik Ibsen's daily "watering hole".



Grand Hotel - Oslo



Karl Johans Gata Next to Grand Hotel

Royal Palace



Oslo City Hall Built 1931-1950.

Where Nobel Peace Prize ceremony takes place each December.
Many huge paintings of Norway.
Open 7 days a week 9 to 4. Free.
Free Guided Tours.



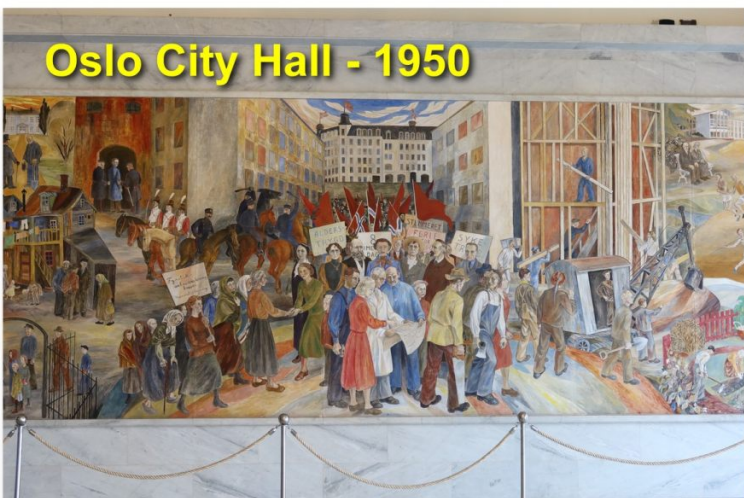
Oslo City Hall - 1950



Oslo City Hall - 1950

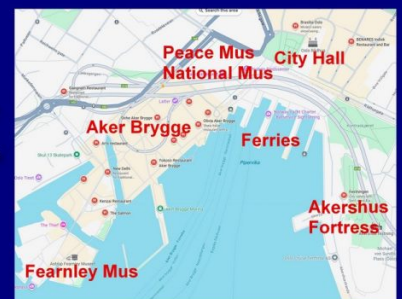


Oslo City Hall - 1950



Aker Brygge Lively central neighbourhood.

- Shopping.
- Dining.
- Supermarket.
- National Mus.
- Peace Mus.
- Ferries.
- Cruises.



Aker Brygge - Harbor



Aker Brygge



Aker Brygge



Aker Brygge - Ferry



Aker Brygge
Several dozen restaurants



Fish Market - Fisketorget



Both a market and a restaurant.

Fish Market - Fisketorget



Fish Market - Fisketorget





Fish Market - Fisketorget

The Nobel Peace Prize

One of five prizes established by the will of Swedish industrialist Alfred Nobel in 1901.

The others are in Chemistry, Physics, Physiology or Medicine, and Literature.

Peace Prize is awarded to the person who in the preceding year "shall have done the most or the best work for fraternity between nations, for the abolition or reduction of standing armies, and for the holding and promotion of peace congresses".



**Nobel Peace Center (Museum)
Aker Brygge**



Nobel Peace Center

Nobel Peace Prize Medal Designed by Gustav Vigeland 1902



National Museum

Formal Name: National Museum of Art, Architecture and Design.

- Largest museum in Nordic region.
- Over 400,000 objects.
- Total area of 590,000 square feet.
- 3 floors and over 90 rooms.
- In Aker Brygge.
- Closed Mondays.



**National Museum
Main Building - Aker Brygge**



National Museum



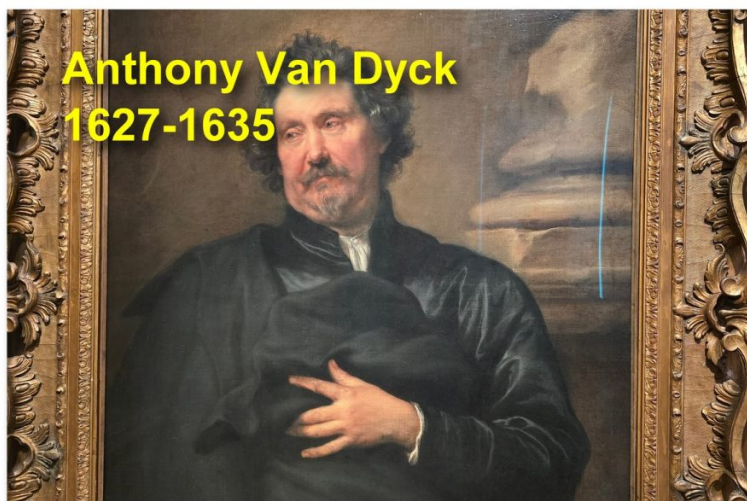
**Stained Glass
Norway**



**Lucas Cranach the Younger
1550**



Lucas Cranach the Elder



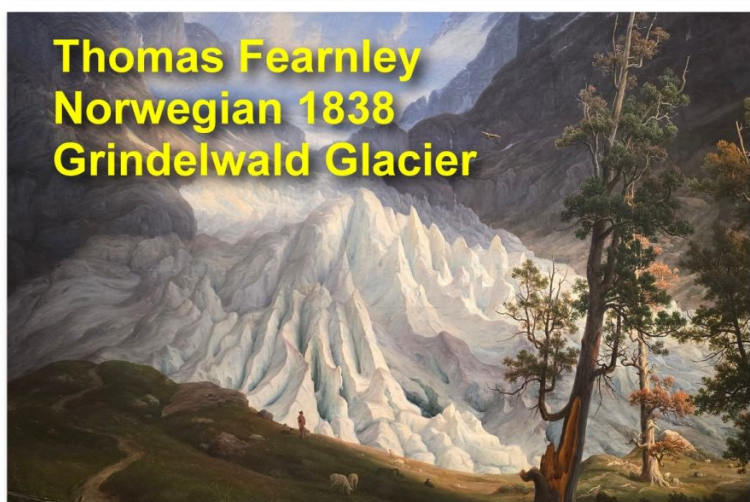
**Anthony Van Dyck
1627-1635**



Norwegian Artists - 18th C



**Andrea Della Robbia
16th C**



**Thomas Fearnley
Norwegian 1838
Grindelwald Glacier**



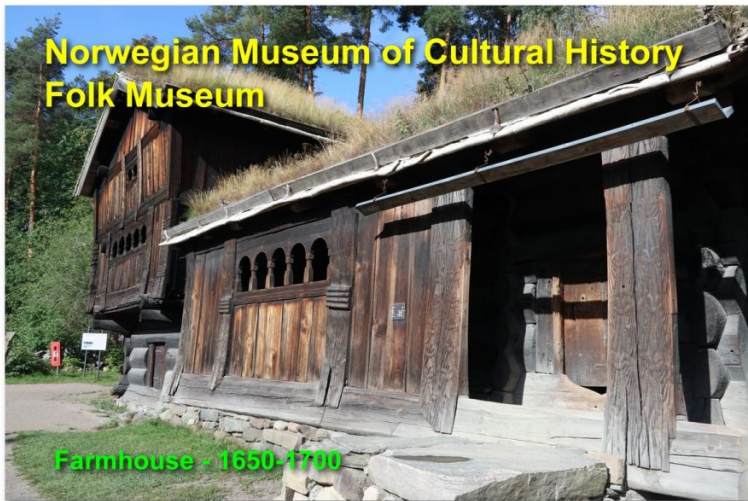
**Edvard Munch
Norwegian 1886
Self-portrait**



Pablo Picasso
Spain 1912
Guitar

Norsk Folkemuseum (Folk Museum)
Formal Name: Norwegian Museum of Cultural History

- Open-air museum.
- 160 historic buildings from different parts of Norway.
- Including iconic Gol Stave church (1200 AD).
- Bus #30. Or ferry.



Norwegian Museum of Cultural History
Folk Museum

Farmhouse - 1650-1780



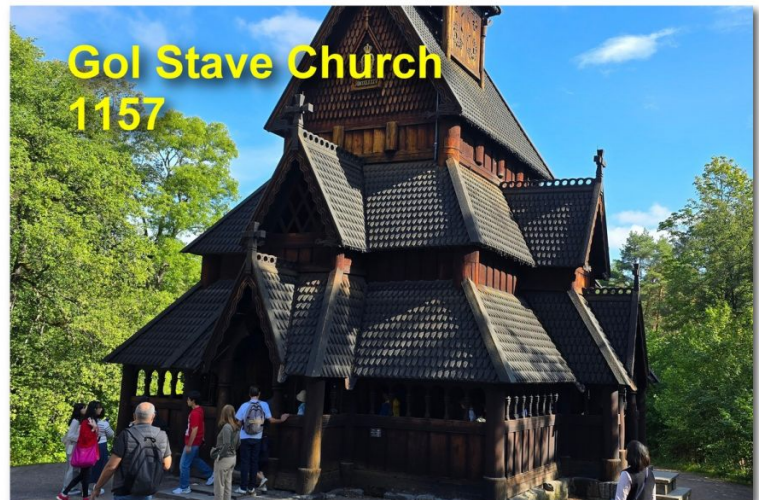
Norwegian Museum of Cultural History
Folk Museum

Farmhouse - 1750



Norwegian Museum of Cultural History
Folk Museum

Hayloft - 1750-1760



Gol Stave Church
1157



Gol Stave Church Interior (Altar) - 1157



Norwegian Museum of Cultural History
Folk Museum



Norwegian Museum of Cultural History

Royal Palace

- Construction started 1824.
- Opened July 1849.
- King's office and residence.
- Guided tours June-August in Norwegian and English.
- Book on Ticketmaster.
- No photos.



Royal Palace - Oslo



Royal Palace Ballroom

Internet Photo



Royal Palace Sitting Room

Internet Photo



Royal Palace Chapel

Internet Photo

Oslo Cathedral – Oslo domkirke **Main church for the Church of Norway Diocese of Oslo.**

- Built 1694 to 1697.
- Baroque interior.
- The Norwegian royal family and the Norwegian Government use the cathedral for public events.



Oslo Cathedral - 1694-1697

Oslo Cathedral - 1694-1697



Oslo Fjord Cruise

Electric boat. 1.5 to 2 hours.

- Silent vessel navigates the islands of inner-Oslofjord: Nakkholmen, Lindøya, Gressholmen, Heggholmen, and Bleikøya.
- Also see modern sights like Oslo Opera House, Munch Museum.
- Around 420 NOK (US\$42).

Oslo Fjord Cruise Passing Akershus Fortress



Oslo Fjord Cruise Oslo Opera House



Oslo Fjord Cruise Munch Museum



Oslo Fjord Cruise



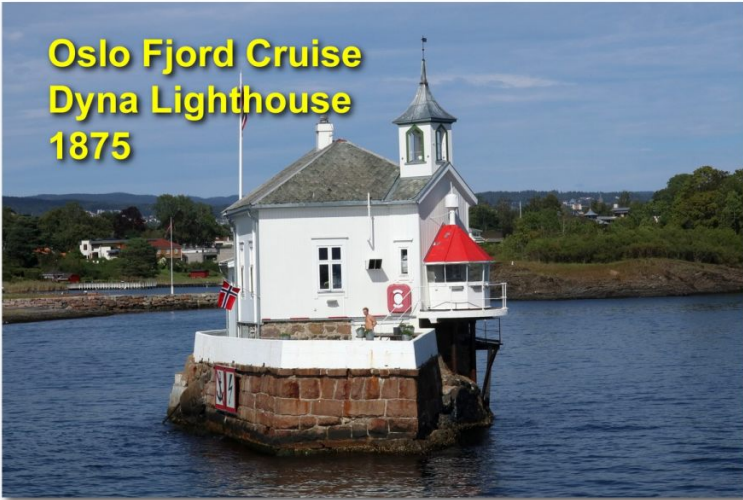
Oslo Fjord Cruise - Lighthouse



Oslo Fjord Cruise Weekend Homes



**Oslo Fjord Cruise
Dyna Lighthouse
1875**

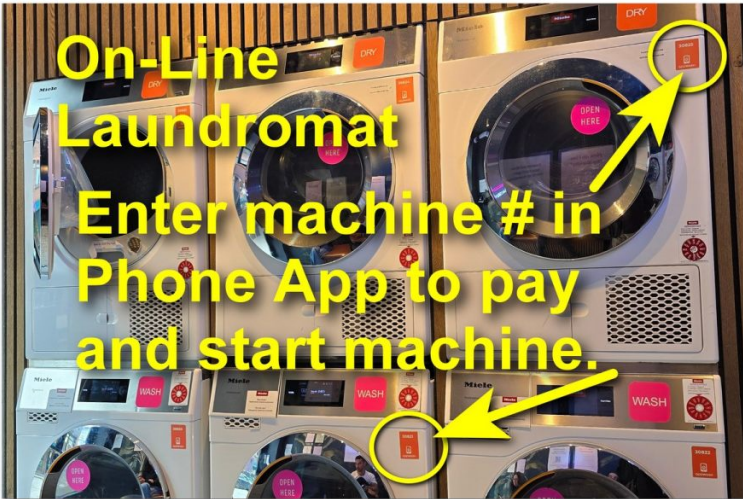


Laundromat

**I have not been in one for many years.
Ones in Norway run by Miele (Germany
appliance manufacturer).**

- On line! Download Miele phone app.
- Add credit card.
- Identify machine to use by number.
- Pay. Machine starts (soap included).
- Same for dryer.

**On-Line
Laundromat
Enter machine # in
Phone App to pay
and start machine.**



Historical Museum Historisk museum

- Norwegian history from the Stone Age to Viking Age and Middle Ages.
- Also ethnographic collection of Egyptian, Asian, African artifacts.
- Closed Mondays.

Historical Museum



**Ceiling 12th C
From Church in Hallingdal**



**Virgin and Child
and St Olav - 1515**



**Copper Pot - Norway
1350-1500**



**Ceramic Wine Jug
Oslo 1250-1350**



**Royal Coin Hoard
Buried 1028**



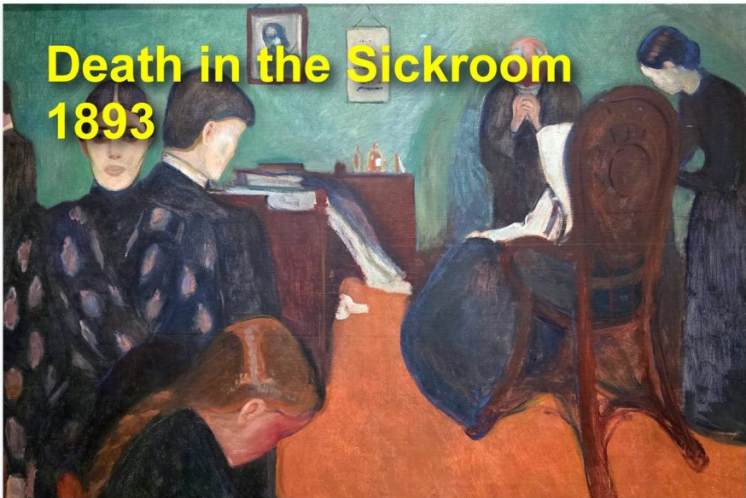
**Munch Museum
Life and works of Norwegian
painter Edvard Munch (1863-
1944).**

- 13 floors - 280,000 sq feet
- 42,000 Museum Pieces.
- Munch's work and others.
- 11 Exhibition Halls.
- Opened 2021.

**Munch Museum
2021**



**Death in the Sickroom
1893**



**Kristiania (Oslo)
Bohemians 1907**



The Scream - 1893



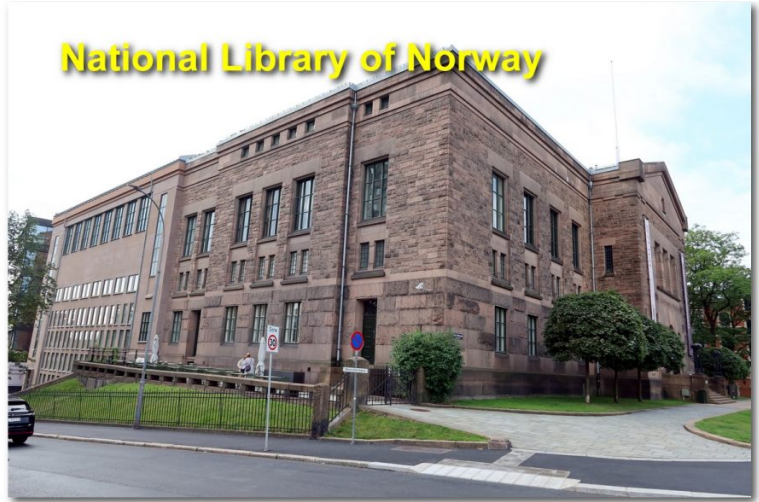
Self-Portrait 1906



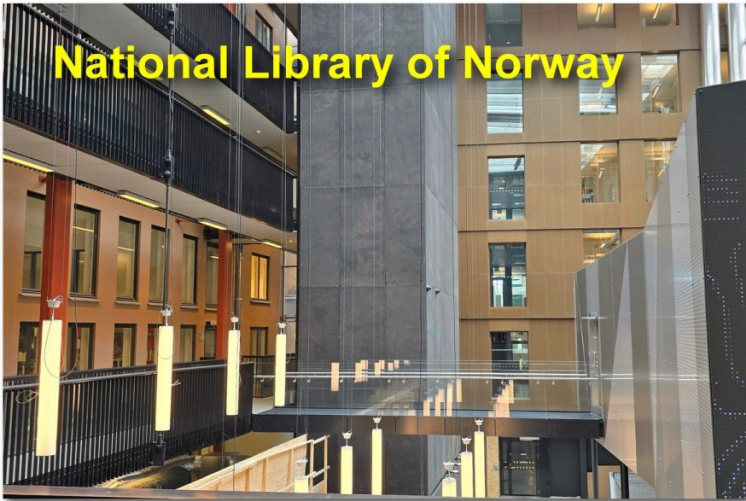
National Library of Norway

- Collection contains books, magazines, music, film, radio and TV programmes, pictures, photographs, theatre material, maps, posters and newspapers.
- Also unique handicraft and special book collections.
- From Middle Ages to present.
- Large part digitized.
- Museum with temporary exhibitions.

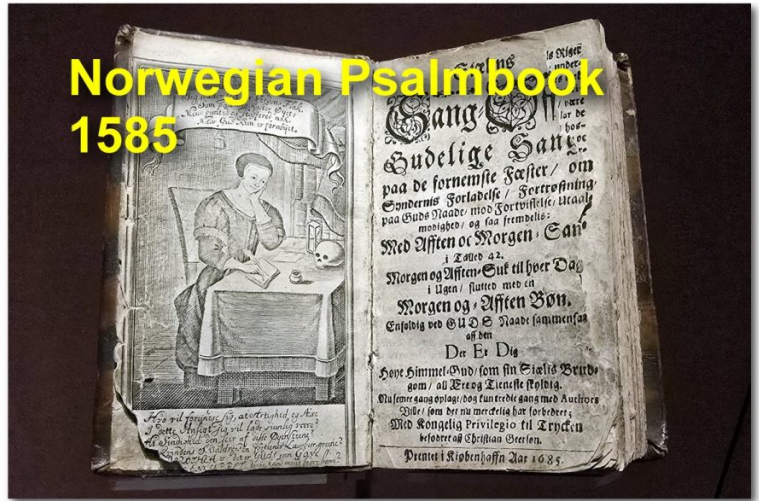
National Library of Norway



National Library of Norway



Norwegian Psalmbook 1585



National Theatre

- Building from 1899.
- Highly recommended: Backstage tour. Scenery, rehearsal rooms, dressing rooms, Royal Box!

National Theatre 1899



National Theatre Main Hall



National Theatre Royal Box





**National Theatre
Backstage - Scenery**

Oslo Opera House
Home of the Norwegian National Opera and Ballet.

- Opened 2008.
- Seats 1,400.
- Opera. Concerts. Ballet.
- Backstage tours offered.



**Oslo Opera House
2008**

Sundays are a day of "rest and nature". By law supermarkets are closed, with exceptions:

- Small grocery stores < 1,100 sq ft.
- Food at gas stations and kiosks.
- A few in designated tourist areas.
- Some larger supermarkets seal off most of the store and operate a small section under the legal limit.



Supermarket

**Lots of
Fresh
Seafood**



Supermarket



**Supermarket
Many kinds of fish cakes**



Frozen Norwegian Dinners



Supermarket - Caviar



Joker Chain of 450 Mini-Markets in Norway

Under Norwegian law, only stores below a certain size may open on Sundays.



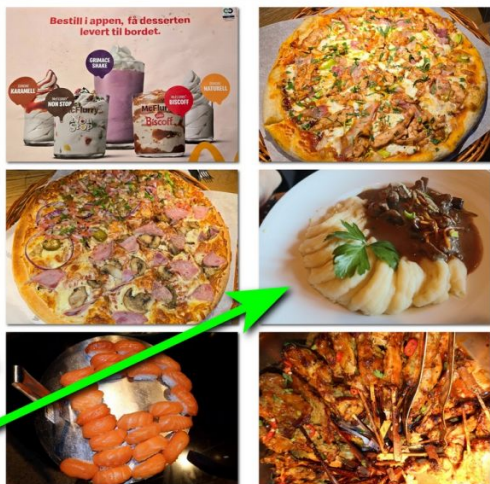
Central Oslo



Central Oslo

These were alternatives to \$80-100 per person at fancy restaurants. Or get take-away at a supermarket.

Reindeer and Elk Stew



Train from Oslo to Stockholm

- **Cost:** 769 SEK = US\$82 two people.
- **Reservation:** Book online.
- **Ticket:** They send PDF with Car Number and Seat Numbers.
- **Buffet car for meals and snacks.**
- **Free wifi. Clean bathrooms.**
- **High speed – 5.5 hours.**
- **Beautiful scenery.**



Train Oslo to Stockholm



Train Oslo to Stockholm

Train Oslo to Stockholm



**The End
Of Our Visit to Oslo
Thanks for Joining!**

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www.PaulVisits.com

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**Fountain by
Gustav Vigeland**

