

## Norway: Communications & Media

Post from UK to Norway: All post is sent airmail; usually delivered two working days later, 3 days in the far north and remote rural areas, but allow an extra two days. Letters may be addressed to a name, c/o Poste Restante at any post office for collection; proof of identity is required when collecting. In addresses, the building number is written after the street name; the 4-digit postcode (*postnummer*) before the town name is essential. For items sent from outside Norway, use N-xxxx.

01xx - 12xx	Oslo	5xxx	South-Western and Western Coast
13xx - 19xx	South-East	6xxx	North-West
2xxx	East and Inlands	7xxx	Mid-Norway
3xxx	South (West of Oslo)	8xxx	North
4xxx	Southern Coast	9xxx	Far North

Post from Norway to UK: Red posting boxes with a circular posthorn symbol are at post offices and in the street. All is sent airmail; letters usually arrive in 2 to 3 working days, postcards may take a week or more. After the normal UK address, write '*Stor Britannia*'.

Telephone (*telefon*): 1.99 million landline numbers are in use and 5.19 million mobile numbers (2007) with one of the most advanced telecommunications networks in Europe. There is a domestic satellite system; the large rural area encourages wide use of mobile systems instead of landline. Dialling, ringing, engaged tones differ from the UK; there are dialling instructions in English in phone boxes and at the front of directories. Long distance and local numbers are always entered in full (all eight digits, quoted in pairs). Dial 1881 for Norway, Sweden, Denmark directory enquiries, 1882 for other countries, 115 for the operator. To call UK from Norway, enter 0044, followed by the full UK number without the initial 0. To call Norway from UK, dial 0047, followed by the Norway number.

Telenor pay phones accept kr 1, 5, 10, 20 and 0.50, 1, 2 euro coins which are placed on a chute and automatically taken as time expires. Unused coins are returned but no change is given, so it's best to use small value coins. There is a single rate regardless of distance; minimum charge is kr 5 or 1 euro. The cheap rate is 17.00 to 08.00 weekdays and all day at weekends. Visa, American Express, Diners and Eurocard/Mastercard are accepted in 3000 card phones and are more convenient if you have many calls to make; the former phone cards (*telekort*) are no longer valid. You pay a surcharge for using phones in hotel rooms.

BT charge cards enable you to dial a code in Norway, enter an account number and PIN, then the UK number; the cost is charged to your BT account; this is cheaper than the Norwegian direct dial rate. ekit has global/European phone cards with cheap rates.

ekit (T: 0800 028 2402, YHA member discount quote YHAPC1108) <<http://yha.ekit.com>>

Many mobile phones (dual mode, dual-band and tri-band) work in Norway, provided you activate the service beforehand with your phone service provider, but check the charges which may be very expensive, especially for data downloads; you may also have to pay to receive calls (including voicemail, so switch off this service when you leave home). It is cheaper to purchase a separate SIM card enabling calls to UK via a local Norway number, but your phone may need to be unlocked first; it can take up to 3 weeks to get the unlocking code from your provider and there is usually a fee.

Insure your phone with a policy that covers call charges if lost or stolen; policies provided by the phone networks usually don't. Don't leave your phone unattended and check the SIM card is still in it as this is just as valuable to a thief as the handset. Protect the handset with a password and also the SIM with a PIN. If lost or stolen report it to the network provider immediately so they can block calls and obtain a crime number from the police. You are liable for all call charges made by the thief until both phone and SIM are blocked.

0044 Ltd, 2 Chapel Court, Holly Walk, Leamington Spa, Warwickshire, CV32 4YS (T: 0870 950 0044) <[info@0044.co.uk](mailto:info@0044.co.uk)> <<http://www.0044.co.uk/>>

AwayPhone (T: 0845 868 1466) <[info@awayphone.com](mailto:info@awayphone.com)> <<http://www.awayphone.com/>>

ekit (T: 0800 376 2370, YHA member discount quote YHAMO1108) <<http://yha.ekit.com>>

Go-Sim <<http://www.gosim.com>>  
Sim4Travel <<http://www.sim4travel.net>>  
UK2abroad, uses your UK number <<http://www.uk2abroad.com>>

Fax: Post offices provide facilities for sending faxes; hotels charge a higher rate.

Internet & Email (*e-post*): In 1971, Norway was the first non-English speaking country on the Internet. Cable broadband became available in early 2000, followed by ADSL for private consumers in late 2000 and ADSL2+ is slowly becoming available with speeds up to 24/1.5 Mbit/s. Basic ADSL starts at kr195 per month and ADSL2+ is from kr499 per month. Major ISPs are NextGenTel <<http://www.nextgentel.no/>>, Tele2 <[http://www.tele2.no](http://www.tele2.no/)>, Telenor <<http://www.telenor.no/>>, Ventelo <<http://www.ventelo.no/>> with very many smaller and local providers.

Internet accounts total 2.99 million with 4.07 million email addresses (2008). 87% of people have access to a home PC, 83% have Internet access, 64% have home broadband access. There are Internet cafés in cities and larger towns; DFDS ships and many hotels have credit card operated computers (expensive). Most public libraries (*biblioteker*) have free online computers but access may be restricted to local residents only and time must be booked in advance. If you want to take your own laptop, wireless access is available at Internet cafés, in many hotels and other hotspots by purchasing an access card. If you want dial-up access, enquire if your ISP has a local number; you will need an adapter for Norwegian phone sockets. Most UK ISPs provide web-based email access in addition to downloading email from POP or IMAP mail servers and this is usually more convenient when abroad. For security, always empty the cache via browser properties after use, if you have entered personal information or used the Internet for financial transactions on a PC which is accessible by others.

Cybercafe index <<http://cybercaptive.com>>

Directory of Wi-Fi hot spots <<http://www.hotspot-directory.com>>.

Media: Norway's public broadcaster, NRK (*Norsk rikskringkasting*), had a monopoly until 1981, when the first local radio and TV stations opened. Since then, private local and national stations have built up substantial audiences. Norwegians are avid newspaper readers (an average of two papers daily, but declining amongst young people). Much of the press is privately-owned, some by political parties and openly partisan, but all receive a government subsidy to ensure that they are viable in even the smallest municipality. Press freedom is guaranteed by the constitution and public radio and TV broadcast without government interference.

On average, Norwegians spend 50 minutes of their daily leisure time reading, 60 minutes in front of a PC screen and 150 minutes watching TV (2007). Retired people spend far more time watching TV. 53% of people listen to the radio daily for an average of 90 minutes per day; the most popular programmes are news, weather, classical music and children's programmes. 72% of people read a newspaper daily for an average of 30 minutes and 14% read a weekly magazine. Newspaper reading is declining in the youngest age groups.

Newspapers (*aviser*): There are nearly 300 newspapers with a combined circulation of more than 3 million. The Schibsted group is one of Scandinavia's largest media companies. The main national/regional publications are:

VG (*Verdens Gang*) — national mass-circulation tabloid daily (Schibsted)

*Aftenposten* — Oslo conservative daily, national morning and regional evening editions (Schibsted)

*Dagbladet* — national mass-circulation tabloid daily

*Bergens Tidende* — Bergen liberal daily (Schibsted)

*Adresseavisen* — Trondheim conservative daily (Schibsted)

*Stavanger Aftenblad* — Stavanger liberal daily (Schibsted)

*Dagens Næringsliv* — Oslo financial and business daily

*Drammens Tidende* — Drammen/Buskerud independent liberal daily

*Fædrelandsvennen* — Kristiansand daily (Schibsted)

*Dagsavisen* — national daily

*Morgenbladet* — national independent quality weekly

*Nordlys* — Tromsø daily

The Norway Post — English-language online newspaper <<http://norwaypost.com>>

Other newspapers are published regionally and locally. Papers are sold in shops and kiosks but most people subscribe directly with the paper which employs teenagers to deliver it to homes in towns and cities or sends it by post in rural areas. Most newspapers are also available online.

Oslo's *Aftenposten* is available in some UK city libraries, but many libraries are discontinuing newspapers that are available online. Major English papers are available in Norway at main airports, some city centre news kiosks and city centre libraries, usually a day late.

TV: The PAL system is used, as in most of Western Europe (except France). Digital terrestrial television is now available in all counties; analogue broadcasting will close on 1 Dec 2009. Some channels now broadcast High Definition TV. For terrestrial TV (30% of viewers), reception may be poor in mountain areas, so satellite TV (30%) is popular. Cable TV (40%) is available in cities and towns. Programmes are in Norwegian; UK/US imports are broadcast in English with Norwegian subtitles. Hotels may have Sky, CNN and English movie or sports channels. Like the BBC, NRK is funded by an annual TV licence fee (kr 2 335 in 2009). The 69 TV channels (2008) include:

NRK 1, national public broadcast, terrestrial and satellite

NRK 2, national public broadcast, terrestrial and satellite

NRK 3 and Super (children's TV), national public broadcast, terrestrial and satellite

SportN, commercial, satellite

TV Norge, commercial, terrestrial and satellite

TV2, commercial, terrestrial and satellite

TV3, commercial, satellite

*Frikanalen*, national non-profit community channel, terrestrial

Swedish TV channels can be received in many areas.

Radio: <[http://radiostationworld.com/Locations/Norway/radio\\_websites.asp](http://radiostationworld.com/Locations/Norway/radio_websites.asp)> lists all stations, including web casts. News is broadcast in English at 09.00 and 21.00 weekdays on 88.7 or 93FM in Oslo, 89.1FM in Bergen. The 5 AM, 160 FM and 1 shortwave national/local stations (2008) include:

NRK operates three main national stations P1 (with regional variations), P2, P3 and also DAB digital stations: mP3 (dance music), *Gull*, Sport, Super (children), 5.1, *Alltid Nyheter* (24/7 news), *Alltid Klassisk*, Jazz, *Folkemusikk*, *Stortinget*, *Båtvær* (24/7 weather) and Sámi Radio services.

P4, national commercial

*Kanal 24*, national commercial

Radio 1, music service, commercial

*Radio Norge*, national commercial

NRK's Radio Norway International on 1312kHz has now ceased broadcasting; a Christian evangelical station using the same name intends to broadcast to the UK on 216kHz long wave but is not yet on air.

BBC World Service can be received in Norway on 198kHz long wave from about 01.00 - 06.00 hours and 648kHz medium wave; reception is variable; details at <<http://www.bbc.co.uk/worldservice>>.