

Overseas Adventure Travel[®]

THE LEADER IN PERSONALIZED SMALL GROUP ADVENTURES SINCE 1978

Your O.A.T. Adventure Travel Planning Guide[®]



New! Cruising Coastal Scandinavia: From Denmark
& Sweden to the Norwegian Fjords

2025

Overseas Adventure Travel®

347 Congress Street, Boston, MA 02210

Dear Traveler,

I am thrilled that you are considering exploring the world with O.A.T. There are so many wonderful destinations to discover, and the itinerary described inside is a perfect way to fulfill a travel dream.

When you join us, you will enjoy the thrill of off-the-beaten-path discovery coupled with the convenience of unpacking just once. Aboard our privately owned small ship, you will visit lesser-known ports that larger vessels cannot access—and enjoy intimate interactions with local people in your small group of no more than 25 travelers. You will get to know community leaders and try your hand at local trades during your *A Day in the Life* experience, share traditional fare and lively conversation during a Home-Hosted Visit, discuss the Controversial Topics impacting everyday life, and visit sites supported by Grand Circle Foundation.

But your personal connections are not limited to your time on land—while onboard, you will enjoy the warm hospitality provided by our friendly, English-speaking crew, as well as the camaraderie of your fellow American travelers. Whether you travel with a partner, sister, friend, or independently, you will feel welcomed and included throughout your journey. And if you do choose to travel solo, you will enjoy an unmatched value, with our FREE or low-cost Single Supplements—just one of the reasons we continue to be the leader in solo travel.

To ensure you experience the true culture and feel supported every step of the way, we provide the services of a local Trip Experience Leader from the beginning of your adventure to the end. Along with introducing you to the history and culture of their homeland, these friendly experts will gladly help you out with any special requests to make your trip even more special. You can also rely on the seasoned team at our regional office, who are ready to help 24/7 in case any unexpected circumstances arise.

Plus, you can put your own personal stamp on your trip, like the, like the **87% of our travelers who personalize their experience**. Perhaps you will choose to see more of your destination by adding an optional trip extension to your itinerary. You can also arrive a few days early to explore independently and get acclimated, customize your air itinerary, and more.

I hope you find this Travel Planning Guide helpful. If you have any further questions, do not hesitate to contact one of our Travel Counselors at **1-800-955-1925**.

Warm regards,



Harriet R. Lewis
Chair
Overseas Adventure Travel

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Folgefonna National Park, Norway

New! Cruising Coastal Scandinavia: From Denmark & Sweden to the Norwegian Fjords

Small Ship Adventure

Denmark: Copenhagen | **Sweden:** Goteborg | **Norway:** Kristiansand, Maloy, Nordfjordeid, Alesund, Bergen

Small groups of no more than 25 travelers, guaranteed

14 days starting from \$10,895

including international airfare

Single Supplement: **FREE** or **\$1,495**

For departure dates & prices, visit www.oattravel.com/dnc2025pricing

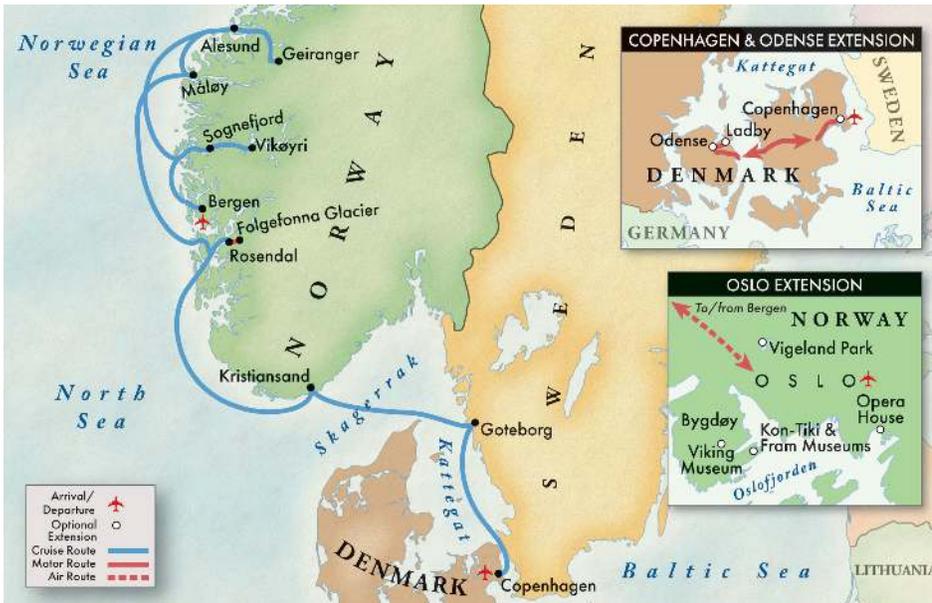
After a night in Copenhagen, cruise for 10 nights aboard the privately owned, **89-passenger M/V Clio**, visiting the Swedish city of Goteborg, and experiencing **A Day in the Life** of a Norwegian family farm. Cruise along Geirangerfjord and Sognefjord, the “King of the Fjords,” following a twisting course between towering mountains and tumbling waterfalls. Cap off your discoveries in the enchanting Norwegian city of Bergen.

IT'S INCLUDED

- 12 nights accommodation, including 10 nights aboard the privately owned, 89-passenger M/V *Clio*
- International airfare, airport transfers, government taxes, fees, and airline fuel surcharges unless you choose to make your own air arrangements
- 34 meals—12 breakfasts, 10 lunches, and 12 dinners (including 2 Home-Hosted meals)
- 18 guided tours and cultural experiences
- Gratuities for local guides, drivers, and luggage porters
- 5% Frequent Traveler Credit toward your next adventure

Prices are accurate as of the date of this publishing and are subject to change.

Cruising Coastal Scandinavia: From Denmark & Sweden to the Norwegian Fjords



ITINERARY SUMMARY

DAYS	DESTINATION
1	Depart U.S.
2-3	Copenhagen, Denmark • Embark ship
4	Goteborg, Sweden
5	Kristiansand, Norway
6	Rosendal
7	Maloy
8	Nordfjordeid
9-10	Alesund
11	Sognefjord
12-13	Bergen • Disembark ship
14	Return to U.S.

WHAT TO EXPECT

① ② ③ ④ ⑤ Moderately Easy

Pacing: 13 days, with two 1-night hotel stays, 10 nights aboard O.A.T.'s privately owned, 89-passenger small ship

Physical Requirements: Walk 2-3 miles unassisted and participate in 2 hours of physical activities daily

Flight time: Travel time will be 9-20 hours and will most likely have one connection

View all physical requirements at www.oattravel.com/dnc

SCANDINAVIA: THE O.A.T. DIFFERENCE

Unbeatable Value: Travel at the lowest price and per diems in the industry. Plus, all port charges included.

People-to-People Experiences: When you visit the majestic fjords along Norway's western coast, you'll also discover this scenic region's proud Viking heritage when you visit a Norwegian family in their home to discuss everyday life in this Viking heartland while enjoying a **Home-Hosted Dinner**.

O.A.T. Exclusives: Meet a local expert to discuss the **Controversial Topic** of Norway's prison system. You'll also spend time at a family farm near Alesund and sit down with the farm owners for a **Home-Hosted Lunch** with items grown and produced at the farm.

PERSONALIZE YOUR ADVENTURE

OPTIONAL EXTENSIONS

**Denmark Discovery:
Copenhagen & Odense**
PRE-TRIP: 6 nights from **\$2,195**

Oslo: Norway's Cultural Capital
POST-TRIP: 4 nights from **\$1,695**

ARRIVE EARLY

We recommend that you relax after a long flight or explore more in depth before your trip. Prices shown include accommodations and private airport transfer.

- Arrive early in **Copenhagen** before your Copenhagen & Odense pre-trip extension or before your main adventure from **\$400** per room, per night

Cruising Coastal Scandinavia: From Denmark & Sweden to the Norwegian Fjords

YOUR DETAILED ITINERARY

BEGIN YOUR ADVENTURE WITH AN OPTIONAL PRE-TRIP EXTENSION

6 nights in *Denmark Discovery: Copenhagen & Odense*

Day 1 Depart U.S.

Day 2 Arrive in Copenhagen, Denmark

Day 3 Explore Copenhagen • Canal boat ride

Day 4 Copenhagen • Explore Christiania

Day 5 Transfer to Odense • Hans Christian Andersen Museum

Day 6 Odense • Ladby Skibet Viking Museum

Day 7 Visit Odense Robotics

Day 8 Transfer to Copenhagen • Begin main trip

Day 1 Depart U.S.

Fly overnight from the U.S. to Copenhagen, Denmark.

Day 2 Arrive in Copenhagen, Denmark

- Destination: Copenhagen
- Included Meals: Dinner
- Accommodations: Scandic Spectrum or similar

Morning: Upon arrival in Copenhagen, an O.A.T. representative will meet you at the airport and assist with your transfer to your hotel. There, you'll meet your fellow travelers, including those who took the *Denmark Discovery: Copenhagen & Odense* pre-trip extension.

Lunch: On your own.

Afternoon: Later this afternoon, our group will gather with our Trip Experience Leader for a brief walking tour of Copenhagen to become familiar with our surroundings.

Dinner: Enjoy a Welcome Dinner at the hotel.

Evening: You have the freedom to enjoy Copenhagen's nightlife or rest up for the discoveries to come.

Day 3 Explore Copenhagen • Embark ship

- Destination: Copenhagen
- Included Meals: Breakfast, Dinner
- Accommodations: M/V *Clio*

Breakfast: At the hotel.

Morning: Set off for a city tour of Copenhagen by bus and on foot with our Trip Experience Leader. A local guide will also join us to provide

an expert local perspective on the city's history and culture. Highlights include City Hall Square; Strøget, the longest pedestrian street in all of Europe; and Nyhavn, the picturesque 17th-century canal waterfront. We'll also catch a glimpse of the Little Mermaid. Inspired by Hans Christian Andersen's fairy tale, the bronze mermaid perched on a rock has become one of Copenhagen's most iconic attractions.

Lunch: On your own.

Afternoon: You'll have some free time to further explore Copenhagen this afternoon before boarding our small ship, which is conveniently docked close to Copenhagen's city center.

Once aboard, we'll enjoy a Welcome Briefing led by our Trip Experience Leader. Then, we'll meet the Captain and crew in the lounge, and participate in a safety briefing.

Dinner: Onboard the ship.

Evening: Spend the rest of your evening as you wish as the ship sets sail along Sweden's western coast for Goteborg.

Day 4 Goteborg, Sweden • Boat tour of Goteborg

- Destination: Goteborg
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: This morning, we'll enjoy a guided boat tour of Goteborg, Scandinavia's largest port and Sweden's second largest city. Located halfway up the country's picturesque west coast, Goteborg (or Gothenburg) was founded in the 17th century and grew into a gritty industrial seaport city. That all changed in the 1980s, when Goteborg underwent a campaign to transform the city into beacon

of urban sustainability. The city is home to lovely cobblestone streets, greenhouses with exotic plants, lush urban parks, and Dutch-built canals. Older sections of the city lined with well-preserved houses, many in the characteristic Gothenburg style called *landshövdingehus*, which features one floor in brick and the rest in wood. We'll gain insights into Goteborg's past as we glide along the city's waterways and canals and under some of its historic bridges.

Then, our Trip Experience Leader will enlighten us about Goteborg's fishing history while we drive to Feskekôrka, its famous indoor fish and shellfish market. Goteborg continues to be a major fishing hub in the region, as we'll notice in Feskekôrka (which means "Fish church" in Swedish), where all manner of seafood delicacies caught the same day are available.

Lunch: At a local restaurant in Feskekôrka.

Afternoon: After returning to our ship, the afternoon is yours to relax onboard, explore on your own, or join your Trip Experience Leader for more discoveries in Goteborg.

Dinner: Onboard the ship.

Evening: You have the freedom to spend the rest of your evening as you wish. Our ship sets sail this evening to Kristiansand.

Day 5 Explore Kristiansand

- Destination: Kristiansand
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: This morning, we'll set off on a walking tour of Kristiansand, a seaside resort on Norway's southern tip. Founded in 1641 and named for King Christian IV (the "sand" refers to the sandy shores), Kristiansand was laid

out adhering to guidelines of the Renaissance era, with streets and squares following a grid pattern. We'll see evidence of this during a stroll through Posebyen, Kristiansand's picturesque Old Town. The only section of the city to survive a massive fire in 1892, Posebyen's right-angled streets are lined with rows of white, wood-framed homes and 17th-century buildings.

Other highlights include Fiskebrygga, the city's scenic fishing wharf, and Otterdalsparken, a waterfront park with a fountain designed by contemporary artist Kjell Nupen. We'll also catch a view of Christiansholm Fortress, located just off shore on a little islet.

Lunch: Onboard the ship.

Afternoon: Our ship begins cruising farther up the Norwegian coast to Haugesund this afternoon.

Dinner: Onboard the ship.

Evening: You have the freedom to spend the rest of your evening as you wish.

Day 6 Haugesund • Viking farm visit

- Destination: Haugesund
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: From our dock in the town of Haugesund, we'll head south to Avaldsnes where we'll visit an open-air museum built in the style of an authentic medieval Viking farm, for insights into everyday domestic Viking life. The farm consists of typical Viking homes and gathering places, including a longhouse, boathouse, and roundhouse, all painstakingly constructed in traditional Viking style according to artifacts uncovered by archaeologists. Costumed museum staff

roam the grounds participating in traditional activities such as farming, weaving, and archery, and can share their historical expertise—and perhaps offer you the chance to try some hands-on activities for yourself. Our discoveries today also include a boat tour.

Lunch: We'll return to our ship in Haugesund to enjoy lunch onboard.

Afternoon: We'll begin sailing to Maloy this afternoon; our Trip Experience Leader will brief us about what to expect during a Port Talk before dinner.

Dinner: Onboard the ship.

Evening: Enjoy the evening as you please, while our ship follows its course to Maloy.

Day 7 Maloy • Visit Maloy Raid Center

- Destination: Maloy
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: This morning, we'll be docked in the harbor of Maloy. One of Norway's major fishing ports, Maloy is renowned for its picturesque lighthouses and scenic surroundings. The town also played a small but significant role in helping to defeat the Nazis in World War II, which we'll learn about at the Maloy Raid Center. This interactive museum recounts dramatic events that took place here on December 27, 1941. Nicknamed "Operation Archery," the raid was led by a British commando force, along with 33 Norwegians, who stormed German forces positioned on the island of Vagsoy. They were able to sink eight ships and destroy four factories the Germans were using to produce fish oil used in the manufacture of high explosives.

Lunch: Onboard the ship.

Afternoon: You're free to explore Maloy on your own. Shuttle buses will also be available if you wish to journey up the seacoast to visit Kannesteinen Rock, an unusual mushroom-shaped rock created by thousands of years of crashing waves. Or you can take the shuttle bus to Refviksanden, a mile-long stretch of chalk-white sand that is one of Norway's finest swimming beaches.

Dinner: Onboard the ship.

Evening: This evening you can head to the lounge area and enjoy some musical entertainment put together by the crew. Later, our ship begins cruising to Alesund.

Day 8 Explore Alesund • Visit Jugendstilsenteret Museum

- Destination: Alesund
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Enjoy a walking tour of Alesund. A major fishing port situated on a chain of islands in the middle of a fjord, Alesund was rebuilt from the ground up following a devastating fire in 1904. Coinciding with the *Jugendstil* (Art Nouveau) movement that was sweeping Europe at the time, Norwegian architects designed an enchanting collection of pastel-hued buildings with spires, turrets, dragons, gargoyles, and other ornamental features that transformed Alesund into a showcase of Art Nouveau splendor.

A local guide will accompany us on our walking tour along the town's cobblestone streets and provide insights into these unique architectural gems not seen anywhere else in Norway. We'll also stop in at the Jugendstilsenteret, a museum that recounts the story of the town's fire and how it rose from the ashes.

Lunch: Onboard the ship.

Afternoon: Enjoy some free time in Alesund to continue exploring independently, or join your Trip Experience Leader to discover some of the town's hidden gems.

Dinner: Onboard the ship.

Evening: Our ship will remain docked in Alesund's picturesque harbor among the fishing boats overnight.

Day 9 Alesund • Excursion to Geirangerfjord

- Destination: Alesund
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Today, we'll get up close and personal with Norway's most iconic fjord, Geirangerfjord, whose natural beauty is recognized by UNESCO as a World Heritage Site. We'll board another cruise boat and enter the pristine waters of the 12-mile-long Geirangerfjord, watching for glistening waterfalls draping both sides of the slender fjord, including Seven Sisters, a series of seven columns of water cascading over 800-foot-high cliffs. In Geiranger, the small village nestled at the end of the fjord with cliffs and tumbling waterfalls on three sides, we'll enjoy a walking tour with a local fjord ranger. We'll also stop at the Norwegian Fjord Centre, an interactive museum that will add context to our discoveries, and stop for a waffle tasting.

Lunch: Sandwiches and wraps will be available for lunch onboard the cruise ship.

Afternoon: Enjoy more scenic cruising along Geirangerfjord while we make our way back to Alesund to meet our small ship.

Dinner: Onboard the ship.

Evening: Enjoy the rest of the night as you please.

Day 10 Alesund • A Day in the Life of a Norwegian family farm

- Destination: Alesund
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Get a firsthand look at life in rural Norway today by experiencing *A Day in the Life* of a Norwegian farm. Travelers will visit one of four family farms outside of Alesund for an opportunity to meet with the owners, learn about everyday farm life, perhaps help out with some chores, and see the livestock—often goats, sheep, and horses—and perhaps even a few Norwegian Fjord Horses.

Lunch: Enjoy lunch with our Norwegian hosts, which may include goat cheese and other foods produced at the farm.

Afternoon: We'll return to our ship and you can relax or continue exploring Alesund's charming waterfront area.

Dinner: Onboard the ship.

Evening: Our ship begins cruising south to Sognefjord this evening.

Day 11 Sognefjord • Explore Vik • Visit Hopperstad Stave Church

- Destination: Sognefjord
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: Our morning cruise will bring us to the entrance of Sognefjord, Norway's deepest and longest fjord. A true force of nature, Sognefjord extends inland some 120 miles

and reaches depths of more than 4,000 feet. Along its inland route, Sognefjord is home to waterfalls tumbling down mountainsides and idyllic shorelines dotted with villages, farms, orchards, and even medieval stave churches—along with several branching arms of the “King of Fjords.”

Lunch: Weather permitting, enjoy lunch on the open deck while cruising along Sognefjord.

Afternoon: Disembark at the Viking town of Vik for a walking tour with a visit to Hopperstad Stave Church. Built around 1130 AD, this is one of the oldest stave churches in Norway. We'll also learn about and have a tasting of a local cheese called Gamelost, a pungent, golden-brown cheese made from skimmed cow's milk that dates back to Viking times and is only produced here. Following our tour, you'll have some free time to explore Vik on your own or participate in a scenic nature hike.

Dinner: Onboard the ship.

Evening: We'll begin cruising to Bergen, our final destination.

Day 12 Explore Bergen

- Destination: Bergen
- Included Meals: Breakfast, Dinner
- Accommodations: M/V *Clio*

Breakfast: Onboard the ship.

Morning: We'll dock in the port of Austfjorden, and drive into the city of Bergen for an included tour. A local guide will accompany us on a walking tour of the Bryggen (Wharf) area, whose colorful historic buildings are a UNESCO World Heritage Site. We'll also stop by St. Mary's Church. The oldest existing building in Bergen, St. Mary's is thought to have been built between 1130 and 1170.

Lunch: On your own.

Afternoon: You can explore on your own this afternoon, or join your Trip Experience Leader for a discovery walk featuring a funicular to the top of Mount Fløyen. We'll drive back to our ship in Austfjorden before dinner.

Dinner: This evening features a Captain's Farewell Dinner onboard our ship.

Evening: Continue celebrating your final night aboard ship or begin packing for tomorrow's hotel stay in Bergen.

Day 13 Bergen • Disembark ship • Excursion to Edvard Grieg Museum • Home-Hosted Lunch

- Destination: Bergen
- Included Meals: Breakfast, Lunch, Dinner
- Accommodations: Thon Hotel Orion or similar

Breakfast: Onboard the ship.

Morning: After disembarking the *M/V Clio*, we'll drive out to Troidhaugen to visit the Edvard Grieg Museum. Norway's most famous classical composer, Bergen-born Grieg lived in this charming villa from 1885 until his death

in 1907. In addition to Grieg's original home, the site features a modern exhibition center, a 200-seat concert hall, and a tiny lakeside hut where he could compose in silence.

Following our tour of the house and grounds, there will be a private musical performance for our group.

Lunch: We'll have an opportunity for true cultural exchange during a **Home-Hosted Lunch** with a local family.

Afternoon: On your own to relax or explore independently.

Dinner: Enjoy a Farewell Dinner at the hotel.

Evening: Discover Bergen's nightlife or begin packing for tomorrow's flight.

Day 14 Bergen • Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Transfer to the Bergen airport for your flight home. Or, begin your post-trip extension in *Oslo: Norway's Cultural Capital*.

END YOUR ADVENTURE WITH AN OPTIONAL POST-TRIP EXTENSION

4 nights in Oslo: Norway's Cultural Capital

Day 1 Oslo, Norway

Day 2 Explore Oslo

Day 3 Explore Oslo

Day 4 Explore Oslo

Day 5 Return to U.S.

PRE-TRIP

Denmark Discovery: Copenhagen & Odense

INCLUDED IN YOUR PRICE

- » 6 nights accommodation
- » 11 meals—6 breakfasts, 3 lunches, and 2 dinners
- » 7 small group activities
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

PRE-TRIP EXTENSION ITINERARY

Discover the canals, cuisine, and culture of cool that pervades Copenhagen, the bustling Danish capital known as “the happiest city in the world.” Then journey back in time to Odense, the idyllic town where Hans Christian Anderson was born and walk along cobblestone streets lined with colorful homes that appear right out of a fairy tale.

Day 1 Depart U.S.

Fly to Copenhagen, Denmark.

Day 2 Arrive in Copenhagen, Denmark

- Destination: Copenhagen
- Accommodations: Scandic Spectrum or similar

Afternoon: Upon arrival at the airport in Copenhagen, an O.A.T. representative will assist with your transfer to the hotel. Later, we’ll set off with our Trip Experience Leader for an orientation walk to gain familiarity with the area around our hotel.

Dinner: On your own.

Evening: You’re free to begin exploring Copenhagen independently or rest up for tomorrow’s discoveries.

Day 3 Explore Copenhagen • Canal boat ride

- Destination: Copenhagen
- Included Meals: Breakfast, Dinner
- Accommodations: Scandic Spectrum or similar

Breakfast: At the hotel.

Morning: Set off for a walking tour to discover some of Copenhagen’s highlights, including Amalienborg Palace, where the Danish royal family resides. We’ll also head to the waterfront for a view of Maersk Opera House, a feat of modern architecture, and we’ll walk past the colorful gabled town houses on the quayside of the Nyhavn canal.

Then, we’ll enjoy a boat ride around the harbor and along the idyllic canals for a different perspective on the city’s highlights, including the Old Stock Exchange, Christianshavn, Our Saviours Church, the Little Mermaid, and more.

Lunch: On your own.

Afternoon: You can continue exploring Copenhagen independently this afternoon or relax back at the hotel.

Dinner: Enjoy a Welcome Dinner at a local restaurant.

Evening: Free to do as you please.

Day 4 Copenhagen • Explore Christiania

- Destination: Copenhagen
- Included Meals: Breakfast, Lunch
- Accommodations: Scandic Spectrum or similar

Breakfast: At the hotel.

Morning: We'll walk over to the Christiania district of Copenhagen. Also known as "Freetown Christiania," this unique enclave of the city is a haven for artists, musicians, and those seeking an alternative lifestyle. After touring Christiania with a member of the community, we'll have some free time to explore independently.

Then, we'll visit Nørrebro, Copenhagen's most populous and multicultural neighborhood. We'll witness bold street art, trendy cafés, and second-hand boutiques as hip locals pedal past us on vintage bicycles. We'll also meet with members of a local organization that unites troubled youth through sports before pausing for lunch.

Lunch: At a local restaurant in Nørrebro.

Afternoon: The remainder of the day is yours to explore Copenhagen independently.

Dinner: On your own.

Evening: Yours to continue exploring the city or to retire early.

Day 5 Transfer to Odense • Hans Christian Andersen Museum

- Destination: Odense
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Odeon or similar

Breakfast: At the hotel.

Morning: Transfer to Odense, the main city on Funen Island, and birthplace of one of the world's most beloved children's authors, Hans Christian Andersen. Upon arrival, we'll set out on an orientation walk with our Trip Experience Leader. As we stroll, be on the lookout for statues scattered throughout the city depicting Andersen's most famous literary characters.

Lunch: At a local restaurant.

Afternoon: After lunch, we'll continue delving into Odense's literary history with a visit to the Hans Christian Andersen Museum, whose exhibits showcase Andersen's life and works through displays of personal artifacts (like his top hat and suitcase), his papers, and even a recreation of his private study.

Afterwards, you'll have the remainder of the afternoon free to continue exploring Odense on your own.

Dinner: On your own—ask your Trip Experience Leader for recommendations.

Evening: You're free to do as you wish.

Day 6 Odense • Ladby Skibet Viking Museum

- Destination: Odense
- Included Meals: Breakfast, Dinner
- Accommodations: Hotel Odeon or similar

Breakfast: At the hotel.

Morning: This morning, we'll delve into Denmark's legendary Viking past at the nearby Ladby Skibet Viking Museum. Built around the

burial site of a Viking Chieftain, the museum reveals that the chieftain was buried in a boat, along with eleven horses and numerous dogs, so that he would be prepared for life in the afterworld.

Then, we'll visit Kerteminde, a picturesque seaside town where we'll embark on a sightseeing tour with a retired local resident. A popular retreat for artists due to its particular qualities of light, the town features a variety of small museums and galleries housed in red-roofed buildings, and water views are around almost every corner.

Lunch: On your own in Kerteminde.

Afternoon: After driving back to our hotel in Odense, the remainder of the day is yours to do as you wish.

Dinner: Enjoy dinner at an old warehouse (*pakhus*) filled with street-food stalls that has become the city's trendiest dining spot.

Evening: On your own.

Day 7 Visit Odense Robotics

- Destination: Odense
- Included Meals: Breakfast, Lunch
- Accommodations: Hotel Odeon or similar

Breakfast: At the hotel.

Morning: We'll see an example of Denmark's cutting edge technology during a visit to the robotics center in Odense. Here, we'll also have the opportunity to meet with a leader of a start-up company that operates within the robotics center to discuss the futuristic goals that are being pursued here.

Lunch: Enjoy lunch at a local restaurant and smokehouse specializing in seasonal Danish cuisine.

Afternoon: After we return to Odense, the remainder of the day is yours.

Dinner: On your own—ask your Trip Experience Leader for suggestions on where to dine.

Evening: At leisure.

Day 8 Transfer to Copenhagen • Begin main trip

- Destination: Copenhagen
- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: We'll drive back to Copenhagen to begin our main adventure.

POST-TRIP

Oslo: Norway's Cultural Capital

INCLUDED IN YOUR PRICE

- » Roundtrip air transportation from Oslo to Bergen
- » 4 nights accommodation
- » 6 meals—4 breakfasts and 2 dinners
- » 4 small group activities
- » Oslo Pass: Free entrance to museums and free public transportation within the city
- » Services of a local O.A.T. Trip Experience Leader
- » Gratuities for local guides, drivers, and luggage porters
- » All transfers

Please note: Travelers purchasing their own international flights will be responsible for additional internal flight costs.

POST-TRIP EXTENSION ITINERARY

Day 1 Oslo, Norway

- Destination: Oslo
- Accommodations: Thon Cecil Hotel or similar

Morning: Upon arrival in Oslo this morning, transfer to your hotel.

Lunch: On your own—ask your Trip Experience Leader about nearby dining options.

Afternoon: After settling in to your room, your Trip Experience Leader will begin an orientation walk to familiarize yourself with the area near the hotel.

Dinner: On your own. Your Trip Experience Leader can recommend any number of local dining options.

Evening: Yours to explore Oslo or retire to your room to rest up for tomorrow's discoveries.

Day 2 Explore Oslo

- Destination: Oslo
- Included Meals: Breakfast, Dinner
- Accommodations: Thon Cecil Hotel or similar

Breakfast: At the hotel.

Morning: Our city tour of Oslo begins at the opulent Oslo Opera House, known for its unique architecture and the Carrara marble used in its construction. Then, we'll discover the world's largest sculpture park devoted to just one artist—Gustave Vigeland—and embark on an hour-long tour with a local guide. Known as Vigeland Park, this unique open-air museum was Vigeland's life work, filled with more than 200 sculptures in bronze, granite, and wrought iron.

After our tour, you'll have some time to explore more of Vigeland on your own before we drive to Bygdøy Peninsula. Nicknamed "museum island," Bygdøy is home to a wealth of

world-class museums including the Norwegian Museum of Cultural History, the Fram Museum, the Kon-Tiki Museum, the Viking Ship Museum, and many more.

Lunch: On your own.

Afternoon: You'll have the afternoon free to explore another museum in the Bygnoy Peninsula or to visit one of Oslo's many other attractions.

Dinner: At the hotel.

Evening: Yours to discover Oslo's nightlife or relax in the hotel's lounge.

Day 3 Explore Oslo

- Destination: Oslo
- Included Meals: Breakfast
- Accommodations: Thon Cecil Hotel or similar

Breakfast: At the hotel.

Morning: Today, you'll be provided with an Oslo Pass for free entrance to the city's museums and free public transportation. You'll then have a choice of joining your Trip Experience Leader on an Oslo discovery walk, or taking public transportation to visit MUNCH, a new waterfront museum featuring the world's largest collection of art by Edvard Munch.

Lunch: On your own.

Afternoon: Enjoy the afternoon as you wish, taking advantage of your Oslo Pass.

Dinner: On your own.

Evening: Spend the evening as you wish.

Day 4 Explore Oslo

- Destination: Oslo
- Included Meals: Breakfast, Dinner
- Accommodations: Thon Cecil Hotel or similar

Breakfast: At the hotel.

Morning: Today is also free to pursue your own interests in Oslo. Your Trip Experience Leader will accompany some group members on a local discovery; others may wish to take a ferry to the Oslo Fjord or perhaps visit the Resistance Museum to learn about Norway's history during World War II.

Lunch: On your own.

Afternoon: Explore on your own this afternoon, a final opportunity to shop or perhaps revisit a favorite Oslo locale.

Dinner: Enjoy a Farewell Dinner at a local restaurant.

Evening: Yours to stay out late in Oslo or begin packing for tomorrow's return flight home.

Day 5 Return to U.S.

- Included Meals: Breakfast

Breakfast: At the hotel.

Morning: Depart for the airport for your return flight home.

YOUR M/V CLIO SMALL SHIP

Explore aboard our privately owned, 89-passenger small ship

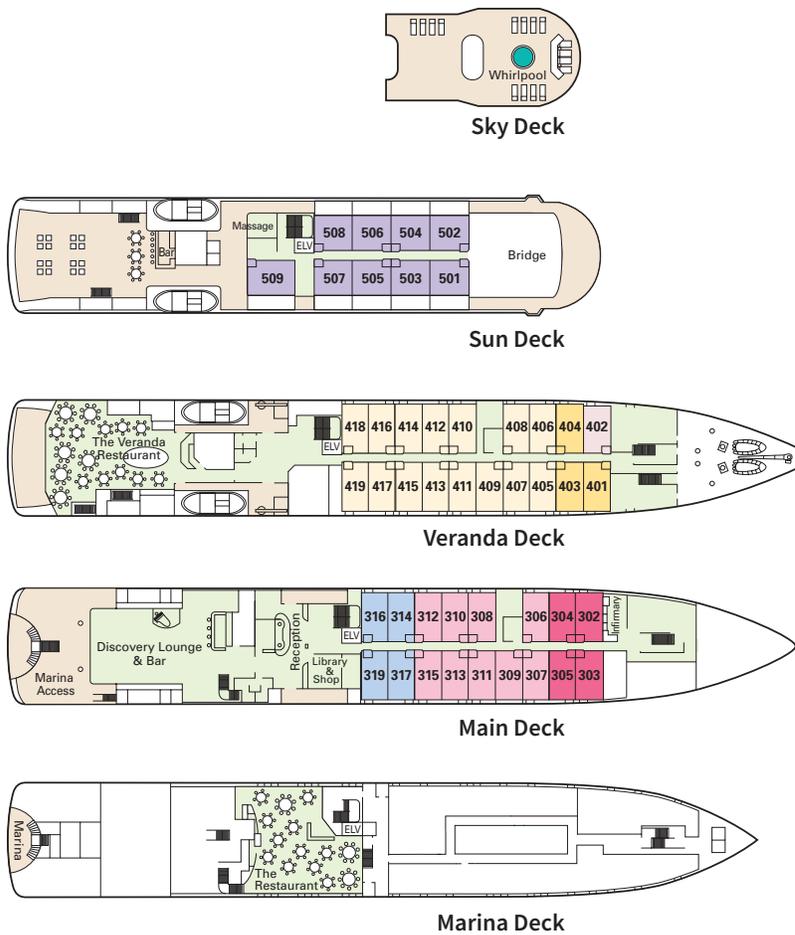
Cruise the world's legendary waterways aboard our 89-passenger small ship, the M/V *Clio*, rated excellent by 96% of travelers. Built in 1998, the *Clio* was purchased and refurbished in 2016, prior to its first departure. The ship holds four groups of 20–25 travelers (with an average of 22), each with its own local Trip Experience Leader, dedicated to bringing culture to life in the Baltics, Portugal, Spain, the Red Sea, and beyond.



SHIPBOARD FEATURES

- **Two dining areas with single, open seating:** Savor regionally-inspired dishes or American favorites during all buffets and table-service meals in the ship's dining room or indoor/outdoor veranda.
- **Comfortable lounge:** Relax with old friends and new, and participate in onboard discussions and lectures.
- **Complimentary beverages:** Enjoy house beer and house wine—as well as soft drinks—at any time of day while onboard.
- **Complimentary wireless Internet access:** Connect online in cabins and common areas. *Please note: Connectivity may be limited at certain points throughout your cruise.*
- **Outdoor common areas:** Relish coastal views from your seat in the indoor/outdoor veranda, Sun Deck, or whirlpool on the Sky Deck.
- **English-speaking crew:** Enjoy dedicated attention from our international staff throughout your voyage. Plus, all shipboard announcements are made in English for your convenience.
- **Zodiac crafts & tenders:** These onboard crafts are available to take you to shore in the most remote ports.
- **Elevator service:** An elevator serves the first four passenger decks (must use stairs to access the Sky Deck).

M/V CLIO



CABIN CATEGORIES	
	VS Cabin with balcony – 205 sq. ft.
	A Cabin with window – 194 sq. ft.
	B Cabin with window – 194 sq. ft.
	C Cabin with window – 194 sq. ft.
	D Cabin with window – 194 sq. ft.
	E Cabin with window – 194 sq. ft.
	S Single cabin with window – 161 sq. ft.

Registry: Malta

Length: 328 ft.

Beam: 46 ft.

Draft: 11 ft.

Cabin Size: 194-205 sq. ft., with a single cabin of 161 sq. ft.

Number of Cabins: 45

Passenger Capacity: 89

Entered Service: 1998

Refurbished in: 2016

International crew: 60

Passenger Decks: 5

Group Size: 25 travelers, maximum, with 1 Trip Experience Leader per group

Elevator service to first four passenger decks

This ship complies with the latest international and U.S. Coast Guard safety regulations and is outfitted with the most current navigational and communications technology. It has retractable fin stabilizers to help reduce discomfort during rough seas.

CABIN FEATURES

- 44 double-occupancy cabins between 194–205 sq. ft.; one single-occupancy cabin is 161 sq. ft.
- All outside-facing with a window or a balcony
- Queen-size bed (convertible to two twins)
- Complimentary wireless Internet access, closet, flat-screen TV, DVD/CD player, telephone, mini-refrigerator, safe
- Private bath with shower, hair dryer, and toiletries



Cabin on the Veranda Deck

TRAVEL DOCUMENTS & ENTRY REQUIREMENTS

Your Passport

- Must be in good condition
- Must be valid for at least 6 months after your scheduled return to the U.S.
- Must have the required number of blank pages (details below)
- The blank pages must be labeled “Visas” at the top. Pages labeled “Amendments and Endorsements” are not acceptable

Need to Renew Your Passport?

Contact the National Passport Information Center (NPIC) at **1-877-487-2778**, or visit the U.S. Department of State’s official website at **www.travel.state.gov** for information on obtaining a new passport or renewing your existing passport. The U.S. Department of State allows for passport renewal by mail or, for applicable citizens, renewal online. We advise you review the process and requirements for online passport renewal on the official website.

You may also contact our recommended visa service company, PVS International, at **1-800-556-9990** for help with your passport.

Recommended Blank Pages

Please confirm that your passport has enough blank pages for this adventure.

- **Main trip only:** You will need 4 blank passport pages.
- **Pre- and/or post-trip extension:** No additional blank pages are needed for these extensions.

Visa Required

We’ll be sending you information with instructions, application forms, and fees about 100 days prior to your departure. In the meantime, we’re providing the information below as a guideline on what to expect. This info is for U.S. citizens only. All visas and fees are subject to change.

- **Europe (Sweden, Denmark, Norway):** Starting in 2025, U.S. citizens will be required to fill out an online European Travel Information and Authorization System (ETIAS) visa-waiver to enter countries in the European Union. There is no confirmed start date for the ETIAS at the time of printing. The ETIAS will be valid for 3 years.

Traveling Without a U.S. Passport?

If you are not a U.S. citizen, or if your passport is from any country other than the U.S., it is your responsibility to check with your local consulate, embassy, or a visa services company about visa requirements. We recommend the services of PVS International, a national visa service located in Washington D.C.; they can be reached at **1-800-556-9990** or **www.pvsinternational.org**.

Traveling With a Minor?

Some governments may require certain documentation for minors to enter and depart the country or to obtain a visa (if applicable). For further detail on the required documentation, please contact your local embassy or consulate.

Emergency Photocopies of Key Documents

We recommend you carry color photocopies of key documents including the photo page of your passport plus any applicable visas, air itinerary, credit cards (front and back), and an alternative form of ID. Add emergency phone numbers like your credit card company and the number for your travel protection plan. Store copies separate from the originals.

If you plan to email this information to yourself, please keep in mind that email is not always secure; consider using password protection or encryption. Also email is not always available worldwide. As an alternative, you could load these documents onto a flash drive instead, which can do double-duty as a place to backup photos during your trip.

Overseas Taxes & Fees

This tour may have taxes and fees that cannot be included in your airline ticket price because you are required to pay them in person onsite. All taxes are subject to change without notice and can be paid in cash (either U.S. or local currency). If applicable, you will receive a list of these fees with your Final Documents.

RIGORS, VACCINES & GENERAL HEALTH

Is This Adventure Right for You?

Please review the information below prior to departing on this adventure. We reserve the right for our Trip Experience Leaders to modify participation, or in some circumstances send travelers home, if their condition would adversely affect the health, safety, or enjoyment of themselves or of other travelers.

GROUP SIZE

- This adventure has a maximum group size of 25 travelers with a local Trip Experience Leader exclusive to O.A.T.

PACING

- 13 days, with two 1-night hotel stays and 10 nights aboard an 89-passenger small ship

PHYSICAL REQUIREMENTS

- Walk 2–3 miles unassisted and participate in 2 continuous hours of physical activities daily
- Not accessible for travelers using wheelchairs, scooters, walkers, crutches, or other mobility aids
- We reserve the right for Trip Experience Leaders to restrict participation, or in some circumstances send travelers home, if their limitations impact the group's experience
- You may encounter animals on this trip. We make every effort to keep these encounters safe, however animals may behave unpredictably or dangerously at times. Please use caution when interacting with animals on this trip: Keep a safe distance, stay alert, and respect the animals

TERRAIN & TRANSPORTATION

- Uneven walking surfaces, including unpaved paths, hills, stairs, and cobblestones
- Travel by small ship and 30-seat coach

CLIMATE

- Daytime temperatures range from 35–80°F during cruising season
- June–August are the warmest months
- May and September weather can be unpredictable and change quickly

Steps to Take Before Your Trip

Before you leave on this adventure, we recommend the following:

- Check with the CDC for their recommendations for the countries you'll be visiting. You can contact them online at www.cdc.gov/travel or by phone at **1-800-232-4636**.
- Have a medical checkup with your doctor at least 6 weeks before your trip.
- Pick up any necessary medications, both prescription and over-the-counter.
- Have a dental and/or eye checkup. (Recommended, but less urgent)

No Vaccines Required

Recommended Vaccines

At the time of writing there were no required vaccines for this trip. The CDC recommends that all travelers be up to date on their routine vaccinations and on basic travel vaccines like Hepatitis A and Typhoid, but these are suggestions only. However, this could change in future so we encourage you to check with the CDC yourself before meeting with your doctor.

Traveling with Medications

- **Pack medications in your carry-on bag** to avoid loss and to have them handy.
- **Keep medicines in their original, labeled containers** for a quicker security screen at the airport and a better experience if you get stopped by customs while overseas.
- **Bring copies of your prescriptions**, written using the generic drug name rather than a brand name to be prepared for any unforeseen loss of your medications.

We recommend checking with the State Department for medication restrictions by country: **travel.state.gov** (Go to “Find International Travel Information”, select “Country Information”, then enter the country into the search bar; if you don't see any medications specifically mentioned under the “Health” section, then you can presume major U.S. brands should be OK).

Staying Healthy on Your Trip

Jet Lag Tips

- Start your trip well-rested.
- Begin a gradual transition to your new time zone before you leave or switch to your destination time zone when you get on the plane.
- Attempt to sleep and eat according to the new schedule.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before—and during—your flight.
- Drink plenty of water and/or fruit juice while flying
- Stretch your legs, neck, and back periodically while seated on the plane.

- After arrival, avoid the temptation to nap.
- Don't push yourself to see a lot on your first day.
- Try to stay awake your first day until after dinner.

Allergies

If you have any serious allergies or dietary restrictions, we advise you to notify us at least 30 days prior to your departure. Please call our Travel Counselors at **1-800-221-0814**, and we will communicate them to our regional office. Every effort will be made to accommodate you.

Water

- Tap water is safe to drink on this trip; however, it may be processed differently than your tap water at home, so you might not like the taste or it may feel "heavy" in your stomach.
- Bottled water is widely available for sale. Another option is for you to bring a reusable water bottle and fill up on board the ship.

MONEY MATTERS: LOCAL CURRENCY & TIPPING GUIDELINES

Top Three Tips

- **Carry a mix of different types of payments**, such as local currency, an ATM card, and a credit card.
- **Traveler’s checks are not accepted in Scandinavia.**
- **It may be helpful to get some local currency before your trip, especially if you are arriving during the weekend or on a bank holiday.** You will not be able to pay with U.S. dollars (cash or traveler’s checks) in most stores, including grocery stores. Occasionally, some souvenir shops or open-air markets may take dollars, but this is not common, and is at the discretion of each shop.

Local Currency

For current exchange rates, please refer to an online converter tool like www.xe.com/currencyconverter, your bank, or the financial section of your newspaper.

Denmark: Danish *kroner* (Kr., DKK)

Sweden: Swedish Krona (kr., SEK)

Norway: Norwegian Krone (NOK)

How to Exchange Money

If you want to exchange money before your trip, you can usually do so through your bank or at an exchange office. Your departure airport in the U.S., a travel agent, or an AAA office are also possible outlets. Or you can wait and change money on the trip instead—but it might be helpful to arrive with some local currency in case you run into a bank holiday or an “out of order” ATM.

Please note that many banks in Europe will only exchange money for their own customers. Never exchange money on the street. All exchange methods involve fees, which may be built into the conversion rate; ask beforehand.

ATMs

When using the ATM, keep in mind that it may only accept cards from local banks, and may not allow cash advances on credit cards; you might need to try more than one ATM or more than one card.

Many banks charge a fee of \$1–\$10 each time you use a foreign ATM. Others may charge you a percentage of the amount you withdraw. We recommend that you check with your bank before you depart.

Lastly, don’t forget to memorize the actual digits of your card’s PIN number (many keypads at foreign ATMs do not include letters on their keys—they only display numbers.)

In most countries, ATMs are widely available in major cities. If you are in a rural location, it will likely be harder to find an ATM.

Nordic Countries: Most Nordic countries are cashless. In response, ATMs are less widely available and cash is not accepted in many places.

Credit & Debit Cards

While traveling, most countries and major cities will accept credit cards. Even if you don't plan on using a credit card during your trip, we still suggest that you bring one or two as a backup, especially if you are planning a large purchase (artwork, jewelry). We also suggest that you bring more than one brand of card (i.e. Visa, MasterCard, American Express) if possible, because not every shop will take every card. For example, although Discover and American Express cards are accepted in some countries outside the U.S., they are not widely adopted, so other brands will work at a much larger range of stores, restaurants, etc.

If you are visiting a country that does not commonly accept credit cards, they will be listed below.

Nordic Countries: Credit and debit cards are readily accepted in Nordic countries. Some cafes, restaurants, and attractions will only accept credit cards. Visa is the most widely accepted credit card in most Nordic countries, followed by MasterCard and then American Express.

Chip Cards

Many countries have adopted credit cards that have an embedded computer chip. These cards are inserted into the reader instead of swiped. The card owner then authorizes the purchase using a PIN instead of signing.

Though this technology is common in the U.S., occasionally there are machines in other countries that can't read U.S. cards or the machine can read the card, but asks for a PIN. This doesn't happen often, and is nothing to worry about. You can usually resolve the situation by asking the cashier to let you sign. (If you don't speak the language, just mime signing on your hand.) If you are not able to sign for a purchase, such as at an automated ticket booth, you can use another form of payment, such as a debit card that has a PIN.

Notify Card Providers of Upcoming Travel

Many credit card companies and banks have fraud alert departments that will freeze your card if they see suspicious charges—such as charges or withdrawals from another country. To avoid an accidental security block, it is a good idea to notify your credit card company and/or bank you will be using your cards abroad. You can do this by calling their customer service number a week or two before your departure. Some banks or credit card companies will also let you do this online.

You should also double-check what phone number you could call if you have a problem with a card while you are abroad. Don't assume you can use the 1-800 number printed on the back of your card—most 1 800 numbers don't work outside of the U.S.!

On Board Ship: Two Separate Bills Will be Issued

- **Shipboard account:** This bill is for any on board purchases (drinks, souvenirs, etc.). This bill is payable at the front desk by cash or credit/debit card only. For cash, we accept U.S. dollars. For credit/debit cards, we accept MasterCard and Visa. Other forms of payment, such as checks, Discover, or American Express are not accepted.
- **Optional tour account:** This bill is for any optional tours taken during the trip and is calculated in U.S. dollars. This bill is paid with your Trip Experience Leader (they will have you fill out a form) by credit/debit card only; other forms of payments such as cash and checks are not accepted. For more information on optional tours—including which cards we accept for payment—see the “Preparing for Your Trip” chapter.

Please note: Payments made by credit card may take up to three months to process. We ask that you use a credit card that will not expire until three months after your trip ends. Because our headquarters are in Boston, the charges may appear to be from Boston or might be labeled as “OPT Boston” (depending on your credit card company).

Tipping Guidelines

Of course, whether you tip, and how much, is always at your own discretion. But for those of you who have asked for tipping suggestions, we offer these guidelines:

- **O.A.T. Trip Experience Leader:** It is customary to express a personal “thank you” to your Trip Experience Leader at the end of your trip. As a guideline, many travelers give \$10–\$14 USD (or equivalent in local currency) per person for each day their Trip Experience Leader is with them. *Please note that these tips can only be in cash. If you are taking any of the optional extensions, your Trip Experience Leader during the extension(s) may not be the same as the one on your main trip.*
- **Shipboard:** We recommend a flat tip of \$16–\$18 per traveler, per day. You’ll give this tip once—at the end of your cruise—and it will be pooled among the entire crew. Crew tips can only be in the form of cash.
- **Housekeeping Staff at Hotels:** We recommend \$1 per traveler, per day. (This is for hotels only; on the ship Housekeeping are part of crew, so you don’t need to tip them separately.)
- **Included in Your Trip Price:** Gratuities are included for local guides and motorcoach drivers on your main trip, extensions, and all optional tours.

Time at Leisure

When you are exploring on your own, it’s useful to know when to tip and how much, because local customs often differ from the U.S. Here are a few helpful guidelines for the most common services a traveler might use:

- **Taxis:** Tipping is not customary, but many locals will round up the fare and let the driver keep the change.

- **Restaurants, cafes, and bars:** When dining on your own, check your bill for a service charge. If a service charge is not included in your bill, we suggest you leave about 10% of the check.
- **Public restrooms:** Most public restrooms in Europe have attendants that take care of cleaning and supplies. It is customary to leave a small tip for them—usually half of whatever currency is in use in that country (half a euro, half a pound, etc.)—so hold on to those coins! In the case of Norway, the minimum expected is 20 krone. Some restrooms are pay-toilets; you pay the staff at the entrance to the restroom or drop the appropriate coin into the slot on the stall door. Many restaurants, cafes, and shops offer only pay-toilets or reserve their restrooms for patrons only.

AIR, OPTIONAL TOURS & STAYING IN TOUCH

Land Only Travelers & Personalized Air

Quick Definitions

- **Land Only:** You will be booking your own international flights. Airport transfers are not included.
- **Air-Inclusive:** You booked international air with us. Airport transfers are included as long as you didn't customize your trip's dates (see next bullet).
- **Arrive Early or Stopover (select adventures only):** If you chose one of these Personalization options and purchased air through O.A.T, accommodations and airport transfers are included. However, if you chose one of our Personalization options, but did not purchase air through O.A.T., accommodations are included, but airport transfers are not. If you chose one of our Personalization options, and purchase air through O.A.T. but not the accommodations, the airport transfers are not included. We have included transfer options below.
- **Personalization on Your Own:** If you have not purchased air through O.A.T. and decided to arrive early, stay longer, or stop in a connecting city on your own, you are responsible for airport transfers and accommodations. For your convenience, a preliminary list of your included hotels is available on your My Planner at www.oattravel.com/myplanner under "My Reservations" to help you with selecting a hotel for your additional time.

Air Inclusive Travelers

If you have purchased international air with us, there are some points that may be helpful for you to know.

- **U.S. Departure:** If you are among a group of ten or more travelers who depart the U.S. from your international gateway city, it is our goal to have an O.A.T. Representative assist you at the U.S. airport with the check-in of your flight. Unless there are extenuating circumstances beyond our control, the Representative will be at the check-in counter three hours before your departure time. If you are flying domestically before your international flight, the representative will be stationed at the check-in counter for your departing international flight, not at the domestic arrival gate.
- **U.S. Return:** If you are among a group of ten or more travelers who return to the same U.S. gateway city, an O.A.T. Representative will meet you as you exit Customs and help you find taxis, buses, hotel accommodations, or connecting flights. Again, it is our goal to have our Representative waiting to assist your group. In rare instances, unforeseen circumstances may prevent this service.

- **Flying with a Travel Companion:** If you're traveling with a companion from a different household, and both of you are beginning and ending your trip at the same airport on the same dates, let us know you'd like to travel together and we'll make every effort to arrange this (please note, however, that this is not always possible). If you request any changes to your flights, please be sure that both you and your companion tell us that you still want to fly together.
- **Selecting Your Seats:** If your airline allows pre-assigned seats, you will be able to select and view them directly from the airline's website after booking. Some airlines will not allow seat confirmation until your reservation is ticketed 45-30 days prior to departure, and/or they may charge a nominal fee. You may locate your itinerary on an airline's website utilizing the Record Locator Number found on the Air Itinerary in your My Planner.

Airport Transfers Can Be Purchased

For eligible flights, airport transfers may be purchased separately as an optional add-on, subject to availability. To be eligible, your flight(s) must meet the following requirements:

- You must fly into or fly home from the same airport as O.A.T. travelers who purchased included airfare.
- Your flight(s) must arrive/depart on the same day that the group arrives or departs.
- If you are arriving early, you must have arranged the hotels through our Arrive Early personalization option

Airport transfers can be purchased up to 45 days prior to your departure; they are not available for purchase onsite. To learn more, or purchase airport transfers, please call our Travel Counselors at **1-800-221-0814**.

If you don't meet the requirements above, you'll need to make your own transfer arrangements. We suggest the Rome to Rio website as a handy resource: www.rome2rio.com

Optional Tours

Optional tours are additional add-on tours that allow you to personalize your adventure by tailoring it to your tastes and needs. And if you decide not to join an optional tour? Then you'll have free time to relax or explore on your own—it's about options, not obligations.

What You Need to Know

- All optional tours are subject to change and availability.
- Optional tours that are reserved with your Trip Experience Leader can be paid for using credit/debit cards only. We accept MasterCard, Visa, and Discover credit cards; we can also take MasterCard or Visa debit cards as long as the card allows you to sign for purchases. (You won't be able to enter a PIN.)

- To ensure that you are charged in U.S. dollars, your payment will be processed by our U.S. headquarters in Boston. This process can take up to three months, so we ask that you only use a card that will still be valid three months after your trip is over. The charge may appear on your credit card statement as being from Boston, MA or may be labeled as “OPT Boston”.
- Your Trip Experience Leader will give you details on the optional tours while you’re on the trip. But if you’d like to look over descriptions of them earlier, you can do so at any time by referring to your Day-to-Day Itinerary (available online by signing into My Planner at www.oattravel.com/myplanner).

Communicating with Home from Abroad

Cell Phones

If you want to use your cell phone on the trip, check with your phone provider to see if your phone and service will work outside of the U.S. It may turn out to be cheaper to rent an international phone or buy a SIM card onsite. If you want to use a local SIM, just make certain your phone is “unlocked”, meaning it can accept a local SIM card. If your cell is “unlocked” then you will be able to purchase a local SIM for it and then buy minutes with “Pay as You Go” cards, so that you have a local contact number for your friends and family. Please be aware, however, that you can only buy a SIM card in Norway if you are a Norwegian resident with a Norwegian person number and a SIM card in Denmark can only be bought from a SIM card vending machine in the luggage area at the airport.

Calling Apps

Another option is to use a smartphone app like Skype, WhatsApp, or FaceTime. These services are usually less expensive than making a traditional call, but you’ll need a Wi-Fi connection and the calls may count towards your phone plan’s data allowance. Many smartphones—and some tablets or laptops—come with one of these apps pre-installed or you can download them for free from the appropriate apps store.

Calling Cards & 1-800 Numbers

When calling the U.S. from a foreign country, a prepaid calling card can be useful because it circumvents unexpected charges from the hotel. Calling cards purchased locally are typically the best (less expensive, more likely to work with the local phones, etc.). One reminder: Do not call U.S. 1-800 numbers outside the continental United States. This can result in costly long distance fees, since 1-800 numbers do not work outside the country.

How to Call Overseas

When calling overseas from the U.S., dial 011 for international exchange, then the country code (indicated by a plus sign: +), and then the number. Note that foreign phone numbers may not have the same number of digits as U.S. numbers; even within a country the number of digits can vary depending on the city and if the phone is a land line or cell phone.

Denmark: +45

Norway: +47

Sweden: +46

PACKING: WHAT TO BRING & LUGGAGE LIMITS

Luggage Limits

MAIN TRIP LIMITS	
Pieces per person	One checked bag and one carry-on bag per person.
Weight restrictions	Varies by airline. The current standard is 50 lbs for checked bags and 15 lbs for carry-on bags .
Size Restrictions	Varies by airline. Measured in linear inches (length+width+depth). Generally, 62 linear inches is the checked bag limit; carry-on limit is 45 linear inches.
Luggage Type	A sturdy, fabric-sided suitcase with built-in wheels and lockable zippers is recommended.

TRIP EXTENSION(S) LIMITS
Same as the main trip.

REMARKS/SUGGESTIONS
<p>One suitcase and one carry-on bag per person: Due to the space limitations on bus transfers, you'll be restricted to one suitcase and one carry-on bag per person. This is to ensure that we have room for everyone's luggage. We ask that you abide by this limit to avoid inconveniencing your fellow travelers and prevent additional airlines luggage fees (which are your responsibility). Most airlines now charge to check more than one suitcase per person.</p> <p>Luggage rules: Luggage rules and limits are set by governmental and airline policy. Enforcement of the rules may include spot checks or may be inconsistent. However one thing is the same across the board: If you are found to have oversized or overweight luggage, you will be subject to additional fees, to be assessed by—and paid to—the airline in question.</p>

Don't Forget:

- **These luggage limits may change.** If the airline(s) notify us of any changes, we will include an update in your Final Documents booklet.

- It's a good idea to reconfirm baggage restrictions and fees directly with the airline a week or so prior to departure. For your convenience, we maintain a list of the toll-free numbers for the most common airlines on our website in the FAQ section.
- **Baggage fees are not included in your trip price;** they are payable directly to the airlines.

Your Luggage

- **Checked Luggage:** Consider a duffel bag or soft-sided suitcase. Look for one with heavy nylon fabric, wrap-around handles, built-in wheels, and a heavy duty lockable zipper. Due to space limitations on our motorcoaches, you are allowed one piece of checked luggage per person. Porterage at airports and hotels is provided for **one** bag per person. All bags should have luggage tags.
- **Carry-on Bag:** You are allowed one carry-on bag per person. We suggest a tote or small backpack that can be used as both a carry-on bag for your flight and to carry your daily necessities—water bottle, camera, etc—during your daily activities.
- **Locks:** For flights that originate in the U.S., you can either use a TSA-approved lock or leave your luggage unlocked. Outside of the U.S. we strongly recommend locking your luggage as a theft-prevention measure.

Clothing Suggestions Functional Tips

- **Travel light.** A good rule of thumb is to gather together everything you want to bring; then take half of that. Eliminate all but the essentials and start packing a few days before you leave. That way, you'll have time to think—not fret—about what you might be forgetting. We recommend you pick pack color-coordinated separates that can be mixed to create different outfits.
- **Good walking shoes are essential:** For your comfort, you'll need supportive walking shoes that offer good traction. Water-resistant shoes can be handy in case of a heavy downpour.
- **Rain gear:** Regardless of your month of travel, rainfall is certainly a possibility. We suggest you bring a folding umbrella and waterproof shell. Water-resistant walking shoes are advantageous in case heavy downpours pass through.

Style Hints

- **Pack casual clothes.** Comfortable, informal apparel is perfectly acceptable at each of your destinations. Men do not need jackets or ties and women do not need fancy dresses. You may want one or two “smart casual” outfits for the Welcome Reception or Farewell Dinner, but it's completely up to you. You would only need nicer dress if you plan to dine at a deluxe city restaurant on your own.

- **Keep local customs in mind.** During this trip we may visit religious sites where visitors are required to dress modestly. In this context, “modestly dressed” means you should be covered to the knees and you should cover your shoulders—no shorts, no skirts above the knee, no sleeveless shirts, and no low or revealing necklines. Even if you are traveling during warm weather, bring at least one outfit that meets these requirements.

Suggested Packing Lists

We have included suggestions from Trip Experience Leaders and former travelers to help you pack. These packing lists are only jumping-off points—they offer recommendations based on experience, but not requirements. We recommend using www.weather.com and consulting the “Climate” chapter of this handbook.

And don’t forget a reusable water bottle—you’ll need it to take advantage of any refills we offer as we are working to eliminate single-use plastic bottles on all of our trips.

Recommended Clothing

- Shirts: A mixture of short and long-sleeved shirts to layer
- Trousers, jeans, or skirts
- Comfortable walking shoes and/or water resistant shoes
- Light rain jacket/windbreaker with hood
- Sleepwear
- Socks and undergarments
- Light sweater, vest, jacket, or another layer for warmth
- Swimsuit for hotel pools or saunas

Essential Items

- Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, sunscreen, etc.
- Spare eyeglasses/contact lenses and your prescription
- Sunglasses with a neck strap
- Insect repellent
- Travel money bag or money belt

- Electrical converter & plug adapters
- Compact umbrella
- Wide-brim sun hat or visor (seasonal)
- Pocket-size tissues
- Moist towelettes and/or anti-bacterial “water-free” hand cleanser
- Photocopies of passport, air ticket, credit cards
- Written prescriptions for your medicines
- Camera, spare batteries, and memory cards

Medicines

- Your own prescription medicines
- Vitamins
- Cold remedies: Sudafed/Dristan
- Pain relievers: Ibuprofen/naproxen/aspirin
- Laxatives: Senokot/Ex-Lax
- Stomach upset: Pepto-Bismol/Mylanta
- Anti-diarrheal: Imodium
- Band-Aids, Moleskin foot pads
- Antibiotics: Neosporin/Bacitracin
- Motion sickness medicine, such as Dramamine

Electricity Abroad

When traveling overseas, the voltage is usually different and the plugs might not be the same shape.

Voltage

Electricity in this region is 220–240 volts. In the U.S. it is 110 volts. Most of the things a traveler will want to plug in—battery chargers, smartphones, tablets or computers—can run off both 110 and 220–240. But you should check the item or the owner’s guide first to confirm this before you plug it in. If you have something that needs 110 volts—like a shaver or a hairdryer—you can bring a transformer to change the current. (But transformers tend to burn out, so it might be better to leave whatever it is at home.)

Aboard the ship, cabins are equipped with 110-volt outlets. In your bathroom you will find a dual 110/220-volt outlet; this outlet is only for low-voltage appliances, like electric shavers. (Your bathroom also comes equipped with a hair dryer).

Plugs

The shape of plugs will vary from country to country, and sometimes even within a country depending on when that building was built. To plug something from the U.S. into a local socket you’ll need an adapter that fits between the plug and the socket. Although you’ll only need one adapter on this trip for Scandinavia and the ship (Type C plugs work in Type F receptacles), it may be easier to purchase an all-in-one, universal adapter/converter combo. Versatile and lightweight, these can usually be found at your local electronics goods or hardware stores. Sometimes you can buy them at large retailers too, like Target or Walmart. If you forget to bring an adapter, you might also find them for sale at the airport when you arrive at your destination.

Different plug shapes are named by letters of the alphabet. Standard U.S. plugs are Type A and Type B. Here is the list of plugs for the countries on this trip:

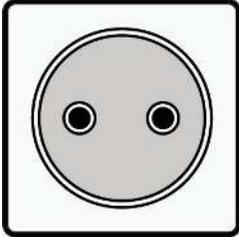
Note that a C plug will fit into an E or F socket.

Denmark: C and F

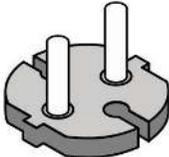
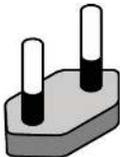
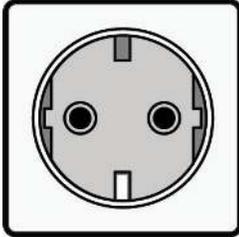
Sweden: C and F

Norway: C and F

Type C



Type F



Availability

Barring the occasional and unpredictable power outage, electricity is as readily available on this trip as it is in the U.S.

CLIMATE & AVERAGE TEMPERATURES

Copenhagen, Denmark: The weather in Copenhagen is mild through all the four seasons—with highs usually in the 60s and lows usually in the 50s—although temperatures in winter can drop down into the 30s and 40s. On the other end of the scale, summertime highs rarely go above 80 °F despite the occasional heat wave. Rainfall is moderate too, but spread throughout the year, so showers are possible in any season. Grey skies are the norm rather than the exception in Copenhagen.

Bergen, Norway: Bergen enjoys an oceanic climate, with mild winters, cool summers, and plenty of rainfall all year round. It rains so often in Bergen, it is considered the rainiest city in Europe! While there is also snow in the winter, it is usually intermittent and quick to melt.

Oslo, Norway: Although well into the northern latitudes, Oslo's climate is fairly temperate thanks to warm air being wafted across the Atlantic from the Gulf Stream. Summer weather in Oslo is mild and pleasant, with frequent hot spells, and plenty of long sunny days. In winter temperatures hover just above or below freezing. Snow is plentiful in winter, and rainfall is spread across the year, the rainiest month being August.

Climate Averages & Online Forecast

The following charts reflect the **average** climate as opposed to exact weather conditions. This means they serve only as general indicators of what can reasonably be expected. An extreme heat wave or cold snap could fall outside these ranges. As your departure approaches, we encourage you to use www.weather.com for a more accurate forecast of the locations you visit.

Average Daily High/Low Temperatures (°F), Humidity & Monthly Rainfall

MONTH	COPENHAGEN, DENMARK			BERGEN, NORWAY		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	37 to 30	89 to 85	18	39 to 31	82 to 79	21
FEB	36 to 28	89 to 80	15	39 to 31	82 to 72	16
MAR	41 to 32	89 to 74	15	43 to 34	82 to 68	20
APR	49 to 36	84 to 63	15	48 to 37	82 to 62	19
MAY	60 to 45	76 to 57	14	57 to 45	80 to 60	20
JUN	66 to 52	76 to 59	16	62 to 50	82 to 63	19
JUL	69 to 55	78 to 60	15	64 to 53	85 to 66	21
AUG	69 to 54	82 to 60	16	64 to 53	87 to 69	22
SEP	61 to 50	86 to 67	15	58 to 48	85 to 70	24
OCT	53 to 44	87 to 76	19	52 to 44	82 to 72	25
NOV	44 to 37	87 to 82	19	44 to 37	82 to 78	23
DEC	39 to 32	88 to 85	18	41 to 33	83 to 81	22

MONTH	OSLO, NORWAY		
	Temp. High-Low	% Relative Humidity (am-pm)	Average # of Days with Rainfall
JAN	31 to 20	86 to 80	10
FEB	32 to 19	88 to 74	9
MAR	39 to 27	86 to 65	13
APR	49 to 34	70 to 52	15
MAY	62 to 45	71 to 48	18
JUN	68 to 52	71 to 50	19
JUL	71 to 55	73 to 52	20
AUG	69 to 53	80 to 54	20
SEP	60 to 45	83 to 58	20
OCT	49 to 38	86 to 69	19
NOV	39 to 29	86 to 78	15
DEC	32 to 22	86 to 82	10

ABOARD YOUR SHIP: CABIN FEATURES, DINING & SERVICES ON BOARD

M/V Clio

Cabin Amenities

Your cabin amenities include a private bathroom with shower, hairdryer, TV, in room heating, internal telephones and a mini-refrigerator. Each cabin is appointed with a sitting area, plus the decks and dining rooms are spacious and attractively decorated, providing welcoming locations for relaxing with your traveling companions.

Cabin Assignments

You will receive confirmation of your deck and/or cabin category upfront in writing; it will be on your invoice and online in My Planner at www.oattravel.com/myplanner. However, your cabin number may not be assigned until you arrive onboard the ship. (This is normal procedure for many small ships.) If there's no cabin number on your invoice or online, you can presume it will be assigned later and communicated to you when you board.

Dining

All meals are taken in the onboard restaurant, which acts as the ship's dining room. Meals will be a mix of regional specialties and familiar American standards, and will feature a variety of entrée options including vegetarian. Complimentary beer, wine and soft drinks are served with lunch and dinner. A selection of fine wines is also available for purchase, starting at approximately \$20-30 per bottle (prices vary according to vintage). Travelers may also bring a bottle of their own favorite wine to dinner to enjoy at their table. Should you care to avail yourself of this service, there will be a corkage fee of approximately \$10 per bottle, charged to your cabin account.

If you require a special diet, such as vegetarian, low-cholesterol, or gluten-free, please request this in advance, you may do so by contacting one of our Travel Counselors. Dining times will vary according to the scheduled daily activities. In keeping with regional custom, dinner may be served at a later hour (around 7:00 pm) than Americans may be accustomed to.

Electricity

Cabins are equipped with 110-volt outlets that are designed to fit American plugs. In your bathroom you will find a dual 110/220-volt outlet, for use with electric shavers. While your bathroom does come equipped with a hairdryer, please do not use any other appliances that heat up, such as hair irons or curlers—they tend to short out.

Getting Ashore

Getting from ship to shore during an ocean-going voyage is not the same experience as on a river cruise—it requires more balance and agility, plus there are more formalities.

- **Balance and agility are needed:** You'll either walk down a gangway—which can be steep, wet, and slippery—or be shuttled to land in a small boat (a process known as “tendering”). We'll use the gangway most of the time, but tenders will be used when the ship cannot dock closely enough for the gangway to reach the shore. Tenders can differ in size, and some of them maybe open with no covering. From time to time we will use the ship's own fleet of Zodiacs—which are small but sturdy open-air boats holding 8-10 people each—as tenders. To get into one of the Zodiacs, you'll need to go down a steep staircase, and then crew members will assist you as you step from the M/V Clio into the Zodiac.
- **Clothing note:** Since tenders in general (and the Zodiacs in particular) are small open-air boats, they are more susceptible to being splashed by water. You might want to bring a rain jacket or waterproof cover (like a poncho) to protect your clothing while transferring from ship to shore.
- **Expect formalities on arrival in port:** When the M/V Clio arrives in a new port, she'll need to be cleared by the local port authorities before you can leave the ship. In some cases, the wait will be as short as 30 minutes, but other times it may take up to 2 hours. Your crew will do all they can to make the wait as short as possible and to minimize the inconvenience to you. (For example, you will be asked to leave your passport with the front desk when you first embark on the ship. That way, it is on hand if the port authorities ask to see it.) However, the procedure can be complex and may take a while to complete. Typically the authorities work directly with the crew, but they do retain the right to speak with you as well.

Internet Access and Email

Limited WiFi service is available for free in some of the public spaces, but not in individual cabins. If you want to use the WiFi connection you'll need to bring your own device—a laptop, tablet, smartphone, etc.—because the ship does not rent or loan these devices. Instructions on how to connect will be available at Reception. Please keep in mind that our WiFi access onboard is subject to the challenges of travel: ship location, signal availability, and usage volume onboard will affect connectivity and speed. You should expect that there will be times when the WiFi is either slow or not available, and that these disruptions can be brief or longer lasting.

Laundry Services

There is laundry service available on board, but no dry cleaning. Prices are per piece of clothing and will be provided to you onboard.

Medical Services

There is always a doctor onboard, as well as all of the basic First Aid supplies. All physician's fees will be payable directly to the doctor. All specific medicines are the responsibility of each traveler.

Recreational Facilities

Our ship features a library, a lounge with a bar, a dining room, and a sun deck. The bar is open from approximately 11 am to 11 pm, and features both complimentary drinks (soft drinks, house beer, house wine, and non-alcoholic cocktails/beer) and drinks for purchase (spirits, alcoholic cocktails, bottled beers, and a selection of wines).

Shipboard Payments

Payment for shipboard expenses can be made using major credit cards such as Visa, MasterCard, or Discover. You will not need a PIN to use your credit card onboard. Personal checks and American Express are not accepted onboard.

Ship-to-Shore Communications

The ship has satellite telephone connections which allows you to call anywhere in accordance with the current local tariffs. You can purchase phone cards at the reception desk for \$10, which will give you 15-30 minutes' worth call time to the U.S. (depending on which state you are calling).

Smoking Policy

Smoking is prohibited on board, with the exception a designated outdoor deck area reserved for smokers.

Wheelchairs

The ship is not built to accommodate wheelchairs.

Water

Tap water onboard ship is filtered and safe to drink. As part of our sustainability commitment, we offer filtered tap water at meals rather than bottled water, which creates waste. If you prefer bottled water, it will be available onboard for a charge.

Lost & Found

Any lost or forgotten items found on board the ship will be held for 90 days from disembarkation. After 90 days, all unclaimed items will be discarded or donated.

Ship Specifications: M/V Clio

- **Year built:** 1998
- **Year purchased:** 2015
- **Length and width** 328' by 46'
- **Passenger capacity:** 89

- **Crew members:** 60
- **Decks:** 5
- **Cabins:** 45
- **Elevator:** Yes

ABOUT YOUR DESTINATIONS: CULTURE, ETIQUETTE & MORE

O.A.T. Trip Experience Leaders: A World of Difference

During your adventure, you'll be accompanied by one of our local, Trip Experience Leaders. All are fluent in English and possess the skills, certification, and experience necessary to ensure an enriching adventure. As locals of the regions you'll explore with them, our Trip Experience Leaders provide the kind of firsthand knowledge and insight that make local history, culture, and wildlife come alive. Coupled with their unbridled enthusiasm, caring personalities, and ability to bring diverse groups of travelers together, our Trip Experience Leaders ensure that your experience with O.A.T. is one you'll remember for a lifetime.

The Culture of Scandinavia

Does Scandinavia even have a common culture? And how does it differ from Nordic culture? First off, Scandinavia refers to the lands originally occupied by the Vikings—which would be Norway, Sweden and Denmark. When referring to Nordic countries, it would be Norway, Sweden and Denmark, with Finland and Iceland added to the mix. While these northern lands differ in language and geography, their shared history and religion have given rise to several cultural similarities.

A belief that Scandinavians are sullen or aloof, however, is one of the most common cultural misunderstandings. If you are unable to engage in a conversation with a local, you might interpret it as someone being standoffish or even rude. But a Scandinavian would perceive it as being polite by not bothering a stranger with small talk. Broadly speaking, Scandinavians place a high value on being polite and do not wish to speak to anyone unnecessarily or even ask for help unless it's absolutely necessary.

A common thread woven throughout Scandinavian culture may be its focus on the wellbeing of the group rather than of the individual. While Americans admire even the most extreme efforts of individuals to achieve success, Scandinavians strive for moderation—in themselves, the community, and the workplace—to achieve a sense of balance. There are reasons why they always make the lists of the “happiest people on earth”. Scandinavians attribute it to their focus on life/work balance—while they do pay high taxes, the generous social programs they get in return take all the fear out of losing their livelihood or growing broke. This allows them to focus on enjoying life. Scandinavia's concern for group wellbeing expresses itself in a variety of ways. The Danes have the centuries-old concept of “hygge,” which is a general state of mind that embraces life. The Finns have their saunas, whose bonding rituals are intertwined in national culture. And the Swedes consider “fika,” a type of mandatory coffee hour, to be an essential part of each day in order to bond with friends and colleagues.

Workplace culture is far less stressful in Scandinavian countries, too. Everyone expects everyone else to perform to the same standard. Since it's a common practice among Scandinavians to say what they mean, no one has to search for hidden meanings. And dealing with fewer office politics makes for a far more relaxed and comfortable workplace environment. Scandinavian culture discourages those seen as aiming too high or being too ambitious. In an attempt to make society

as homogenous as possible, measures like private schools using the same curriculum as public schools are put in place to ensure equal opportunities for all. And Scandinavians believe that wealth should have no bearing on how you are treated.

Scandinavians love the outdoors and take full advantage of the breathtaking beauty of their landscapes by escaping into nature and enjoying the solitude at every opportunity. Come to think of it, no wonder they're so happy.

Laundry Service

Laundry service is available through your hotels, although it is expensive. Your Trip Experience Leader will help you make arrangements for these services if you need them.

Smoking/Non-Smoking Policy

In Norway, smoking is prohibited in public areas and restaurants.

Hotels

With an emphasis on minimalism and functional design, you'll discover that hotel rooms in this region are traditionally much smaller than in the United States, and tend to feature a sleek, modern look. Rooms are comfortable, clean, and well-equipped, but you should expect to experience how locals make use of limited space, which may mean that the bathrooms are smaller, or the beds are closer together, than you'd find at home.

Taking Photographs

The etiquette of photographing people in most countries is about the same as it would be on the streets of your hometown. You need permission to take a close-up, but not for a crowd scene. Be especially polite if you want to photograph children or older women. If you want to shoot a great portrait, show interest in your subject and try to have a bit of social interaction first. Then use sign language to inquire if a picture is OK.

Please do not take photographs of military personnel, military compounds, or other official institutions/personnel (such as police). This may result in the confiscation of your camera.

In museums or at archaeological sites, there may be restrictions on using your flash. Please obey any signs or directions by staff; the no-flash rule protects the fragile artifacts and artwork from damage by repeated exposure to light. Occasionally, there may also be a small fee levied by the museum or site for the privilege of taking photos.

Safety & Security

As you travel, exercise the same caution and awareness that you would in a large American city. Don't be overly nervous or suspicious, but keep your eyes open. If you are venturing out after dark, go with one or two other people.

Carry a one-day supply of cash, and your passport, in a travel pouch. Don't leave valuables unattended in your hotel room. Most hotels will offer use of a hotel safe at the front desk or an electronic in-room safe (for which you can set your own personal number). Please utilize this.

Pickpockets may create a sudden distraction. In any sort of puzzling street situation, try to keep one hand on your wallet or money belt. If an encounter with a local turns out to be long and complicated and involves money or your valuables, be very careful.

Danish Cuisine

Twenty years ago one might've described Danish food as peasant cooking—hearty, stick-to-your-ribs Viking fare that would get you through a long day of farming, fishing, or raiding. Today, Denmark is the epicenter of the New Nordic cuisine, a movement begun by Danish chefs René Redzepi and Claus Meyer, who helmed Copenhagen's Noma restaurant (considered the world's best) and influenced chefs everywhere with their philosophy that celebrates sustainable, locavore, and seasonal ingredients—many of which are foraged and were previously forgotten. It has inspired many cooks to revisit and refine some of the classics of Danish cuisine, like these:

- **Smørrebrød:** These best-known Danish delights are open-faced sandwiches built on a base of buttered *rugbrød*, a dense, dark rye bread. These are not random sandwiches, they are artfully composed, so the dish is colorful and the garnishes are complementary. Toppings might include *syltede sild* (pickled herring) with micro greens; shrimp and egg with dill; or roast beef with pickles, onions, and horseradish. A favorite is *dyrlægens natmad*, which translates as “veterinarian's midnight snack” and includes corned beef, sky (Danish meat aspic), and *leverpostej* (liver pâté) topped with slivered red onions, sprouts, and parsley or dill.
- **Stegt flæsk:** The national dish of Denmark. Crispy pork belly chunks served with boiled potatoes and parsley sauce.
- **Brændendekærlighed:** So many Danes have a “burning love” for bacon, they named this dish after this affliction. This dish is mashed potatoes topped with oven-roasted cubes of bacon, caramelized onions, and butter.
- **Forloren hare:** A Danish meatloaf made with ground pork, leeks, and egg. Bacon strips are woven around the loaf, which is then baked till it looks like an elegant brown basket.
- **Rødspættefilet:** A filet of plaice (a mild white fish) that is breaded and fried. It can be eaten as an entrée, or as the *stjernesked* (“shooting star”) of a *smørrebrød* topped with shrimp, lettuce and caviar from the Limfjord.
- **Tarteletter:** These are flaky pastry tartlets filled with chicken and asparagus in a creamy béchamel sauce.
- **Andesteg:** This dish is a holiday favorite. A roast duck stuffed with apples and prunes, then roasted until golden-brown and served with a sauce made with reserved duck fat, whiskey, and wine.

- **Wienerbrød:** For something sweet to go with your coffee (*bica*), order a Danish but call it by its proper name, *wienerbrød*, which means “Vienna bread” and is a more accurate reflection of its provenance. Even though Danes did not invent them, they love these flaky, croissant-like glazed pastries filled with cream or fruit.
- **Kransekake:** The cake that literally towers above them all. It’s a cone of concentric almond cake rings bound together with a white icing glaze, and sometimes decorated with berries or nuts. They are served at festive occasions (especially New Year’s), and the center of the tower might hold candies, chocolates, and even champagne or wine bottles.

Swedish Cuisine

Like other Scandinavian countries, cuisine in Sweden focuses on fresh ingredients and simple preparations—food without fuss. But that doesn’t mean it lacks personality as the spare approach lets the local fish and produce (like lingonberries) shine through. Some dishes to try are:

- **Kanelbullar:** Cinnamon buns with a sticky glaze. During holidays like Christmas, you may also see *saffransbullar* (saffron buns).
- **Toast skagen:** Shrimp, whitefish roe, Dijon mustard, mayo, and fresh dill on toasted bread served as an elegant appetizer or snack. Also popular as starter/snack is *gubbroa*, an open-faced egg salad sandwich with anchovies.
- **Smorgasbord:** Swedish buffet of meatballs, mini-sausages, salmon, pickled herring, and sides like *knackebrod* (crisp bread)
- **Gul artsoppa:** Yellow pea soup, a variant on split-pea soup
- **Kottbullar:** Swedish meatballs, cooked in a cream-based gravy
- **Princess cake:** If you watch *Great British Bakeoff*, you may remember the *prinsesstarta* challenge, where contestants had to bake this elaborate layer cake topped with a dome of whipped cream and a layer of green marzipan.

Norwegian Cuisine

Most modern Norwegian households eat much as we do in the States, enjoying simple but easy to prepare traditional favorites; the occasional ethnic treat like tacos or Asian stir-fry; or even a fast-food meal like the phenomenally popular *Grandiosa*, Norway’s best-selling frozen pizza.

And in case you haven’t heard, since the early 2000s, the Scandinavian (and worldwide) restaurant scene has been utterly transformed by the rise of **New Nordic cuisine**, a cooking style that stresses sustainability, freshness, and extremely local and seasonal ingredients. In practice, that means celebrating unique flavors that might previously have been overlooked. So yes, you might find carefully composed plates of grilled duck hearts on a bed of moss, but you’ll also find creative reinterpretations of traditional Nordic classics, like these:

- **Røkelaks:** Norwegian smoked salmon served with a dollop of creamy dill sauce.

- **Sursild:** Herring that has been pickled, just one of the many methods used to preserve fish.
- **Rakfisk:** A trout that is covered with spruce branches and fermented in barrels. The smell is pungent, but the taste is not.
- **Lutefisk:** Dried cod that's preserved in lye, and then triple washed and steamed (all of the caustic lye is gone by the time you're served it). If you're from Minnesota or Wisconsin, you may have seen this at your state fair or in restaurants, so you already know it's better with butter or sauce. In Norway, it is often paired with bacon, mashed peas, boiled potatoes, and golden syrup.
- **Finnbiff:** Sautéed reindeer stew.
- **Fårikål:** Boiled dinner of mutton or lamb, whole black pepper, cabbage, and potatoes. This is the national dish of Norway.
- **Pinnekjøtt:** A Christmas Eve classic, a hearty meal of salted, air-dried sheep ribs. They are rehydrated by steaming them over birch sticks, and eaten with sweet mashed rutabaga.
- **Kjøttkake (or kjøttballer):** A classic Norwegian comfort food. They are balls of minced beef seasoned with onions, nutmeg and ginger, then pan fried and simmered in gravy. (Yes, they are virtually the same as Swedish meatballs, but you won't make Norwegian friends if you call them that.)
- **Lefse:** Crepe-like flatbreads that are slathered with butter, and sugar, then rolled up or folded for eating on the go.
- **Krumkake:** A delicate, waffle-like cookie, shaped like an ice cream cone and filled with cream or fruit.
- **Lingonberry:** A ubiquitous fruit that tastes similar to cranberries and is used in compotes, juices, and preserves. As a jam, it's a great accompaniment to **brunost**, a family of brown goat's milk cheeses (like **gjetost**) that have the consistency (and a little of the sweetness) of fudge. Or just go straight to dessert heaven and order some fluffy **trollkrem**—a meringue of lingonberries whipped with sugar, vanilla, and egg whites.

Copenhagen in Brief

City Layout and Details

Old Copenhagen is defined as a rough square by Nørreport Station to the north, Rådhuspladsen (Town Hall Square) to the west, and Kongens Nytorv to the east.

Strøget is Europe's longest continuous pedestrians-only route. It runs east from Town Hall Square to Kongens Nytorv, and is composed of five interconnected streets: Frederiksberggade, Nygade, Vimmelskaftet, Amagertorv, and Østergade and roughly bisects Old Copenhagen. Strøget is a stroller's and shopper's heaven: lined with shops, bars, restaurants, and, in season, with sidewalk cafes it is a favorite of visitors and locals alike. On the Eastern end, Pistolstræde is a maze of galleries, restaurants, and boutiques, housed in restored 18th-century buildings.

Fiolstræde (Violet St.), closer to the western end of Strøget, offers antiques shops and bookshops and cuts through the university (Latin Quarter). At the end of Fiolstræde you can turn onto Rosengården where you'll find Kultorget (Coal Square). Here you'll find join the third main pedestrian street, Købmagergade (Butcher St.) which runs gently south until it meets up with Strøget at the Amagertorv section.

At the eastern end of Strøget you approach Kongens Nytorv (King's Square), where you'll find the Royal Theater and Magasin, the largest department store in Copenhagen. Across the square you come to the beginning of Nyhavn, the former seamen's quarter that now features upscale restaurants, apartments, cafes, and boutiques.

Denmark's government is centered on the small island of Slotsholmen, which is connected to the center by eight different bridges. The island also features several museums, most notably Christiansborg Castle.

Entertainment

Free time? Try strolling the Strøget, a three quarter mile stretch of shops between Rådhuspladsen and Kongens Nytorv . If you get peckish or thirsty midway, you can hop over a street to the Vestergade, lined with historic buildings, restaurants, stores and bars for a little more variety. Nynhavn (New Harbor) is the place to be on a good day – outdoor cafes abound, and classic buildings overlook the classic ships that line the harbor front.

In summer, a visit to Tivoli Gardens is a must. Tivoli's twenty-one acres encompasses impressive structures (the Chinese Tower, the Glass Hall Theater, and the Pantomime Theater among them), flower beds, fountains and lovely landscaping. The park features 5 roller coasters, including one of the world's oldest wooden coasters, as well as other rides. Locals and visitors alike find the ambience and experience a repeatable pleasure. If you're not interested in the rides or the performances you can simply stroll, take in the view and people watch. (There is an entrance fee, but many of the events inside are included).

You'll find the nightlife in several neighborhoods, including Strøget and nearby areas; in Vesterbro, with its main street on Vesterbrogade just across from Tivoli Gardens; and on Istedgade — home to some of the today's trendier bars and cafés. The area just off Kongens Nytorv on Gothersgade is another busy nightlife spot.

The famed jazz venues of Copenhagen are largely closed. Nightspots now cater to a wider range of music — from ballroom music to house, rap, and techno. Restaurants, cafés, bars, and clubs stay open after midnight, a few until 5 am.

Local Transportation

Copenhagen is sufficiently compact and inviting that most of your travel in the city should be as a result of a leisurely stroll. Many of the major sightseeing attractions are close to one another.

By Bus: Copenhagen's buses are an inexpensive way to get around a little further out, if necessary. Most buses leave from Rådhuspladsen. A basic ticket buys an hour of travel and unlimited transfers within the zone where you started your trip. For information, visit www.visitcopenhagen.com/copenhagen/planning/public-transport

Metro: Copenhagen's Metro is almost 20 years old, and it connects the east to west of the city with the center. It operates 24 hours a day, and Metro fares are integrated into Copenhagen's zonal system. A joint zone fare system works with Copenhagen Transport buses, State Railway, and the Metro. You have the option to purchase a *grundbillet* (base ticket), 10 tickets, or a 24-hour bus and train ticket which allows you to travel through nearly half of Zealand.

Discount Passes: The Copenhagen Card entitles you to free and unlimited travel by bus and rail throughout the metropolitan area (including North Zealand) and free admission to many sights and museums. The card is available for one day or three days. In order to use the Copenhagen Card, you will need to download the card to your smartphone. Your Trip Experience Leader will inform you of the app so you can download prior arriving into Copenhagen and can assist you in activating your card (once the card is downloaded and activated you do not need access to Wifi to use it on public transport, museums etc).

Taxis: Watch for the FRI (free) sign or a green light when hailing a taxi. Be sure the taxis are metered. Tips are included in the meter price and many drivers speak English.

Bicycle: In good weather cycling around the city is a great option. Getting through central Copenhagen can take around 30 minutes on a bike—and may be faster than the metro – and bikes are popular with the residents. Cycle paths are plentiful and quite safe.

Bergen in Brief

City Layout and Details

The region of Bergen occupies most of the Bergenshalvøyen peninsula, with the city center surrounded by the Seven Mountains, Ulriken, Løvstakken, Fløyfjellet, Damsgårdsfjellet, Lyderhorn, Rundemannen, and Sandviksfjellet. The majority of the city rests on, or close to, a fjord, with the center facing the Byfjorden fjord. The area is protected from the frigid North Sea by the surrounding islands, Askøy, Holsnøy, and Sotra.

The Fjords Capital of Norway, Bergen was believed to be founded by King Olav Kyree in 1070 AD, and became Norway's capital in the 12th and 13th century. The city was west Norway's most important port for several decades, even with multiple fires ravaging the city. Today, Bergen is known for its UNESCO World Heritage Site, museums, fjords, and fishing.

Due to multiple fires, most notably in 1702 and 1916, Bergen has had to be rebuilt over the years. Even still, gorgeous sites have managed to survive to highlight the beauty of this compact city. The oldest remaining part of the city is centered around the bay of Vagen, with St. Mary's Church being one of the few buildings remaining from the 12th century and Bryggen, the historic harbor district of Bergen that has been rebuilt with traditional methods after each time its been burned down. In the 17th century, after a fire burned down most of the city around the bay of Vagen, the

city was rebuilt with log houses, replacing the tar-covered houses. It wasn't until the 19th century that Bergen expanded out, adding the neighborhoods of Nygård and Møhlenpris in the south, and Sandviken in the north. Following World War II, Bergen expanded further, adding the boroughs of Fana, Laksevag, Fyllingsdalen, Arstad, and Asane.

Today, Bergen is the second-largest city in Norway, with a population of approximately 286,000.

Local Transportation

The city center of Bergen is compact and easily walkable. For most, it will take a maximum of 15 minutes to get from one side of the center to the other. However, Bergen also has a tram and bus routes through the city center and the nearby boroughs.

City Light Rail (Bybanen Tram): The tram serves the southern area of the city center, Bergen's airport, Fantoft Student Village and the neighborhoods of Kronstad and Danmarks plass. You can buy tickets at the Bergen Tourist Information in downtown Bergen or purchase a Bergen Card, which includes transport (If you purchase in advance, a single ticket is 38 NOK).

Bus: The bus system serves the suburban areas of Bergen, commuting locals into and out of the city center. Bus timetables and route maps are complicated but the system offers useful connections to suburban attractions. You can buy tickets at the Bergen Tourist Information in downtown Bergen, purchase a Bergen Card, or pay in cash on the tram (a ticket costs 60 NOK, or approximately \$6 USD, if you pay on board. If you purchase in advance, a ticket is 38 NOK).

Taxi: Readily available, but very expensive (even a short ride can cost 200 NOK or \$20 USD). Drivers are required to publish prices, and prices are not regulated. Make sure you know the fare before you get into the taxi.

By Foot: As the city center is rather compact, walking around the city is a great option in good weather.

Oslo in Brief

City Layout and Details

Oslo occupies a magnificent site, surrounded by hills on three sides and a fabulous fjord on the fourth. In general, the city's compact and straightforward design makes getting around on foot easy. The Aker River divides the city into east and west.

Karl Johans Gate is Oslo's main street, running the length of the city's downtown, from Central Station to the Royal Palace. Much of it is a car-free pedestrian thoroughfare, and many of the city's most important buildings, stores, and hotels make Karl Johans Gate their address. A pedestrian park is located between Karl Johans Gate and Stortingsgate, an important parallel street running from Parliament to the Royal Palace.

A couple of blocks south, City Hall fronts Oslo's active port, creating a triangle with Central Station and the Royal Palace. City Hall is across the street from the main Norway Information Center. Across the park from City Hall, ferries make regular runs to the Bygdoy Peninsula, site of

several top museums. Frogner Park, with its famous Vigeland Sculpture Garden, lies about a mile northwest of the Royal Palace. The park and the palace sandwich an exclusive neighborhood of tree-lined streets and turn-of-the-century homes.

Local Transportation

Public Transit: The Oslo public transit system is comprised of buses, trams, ferries, local and inter-city trains and an extensive metro system called the “T-bane”. A single ticket allows the transit user to make use of the full transit system within Oslo for a period of one hour. You can purchase a one-day or two-day “Oslo Pass,” providing free travel on the city’s buses, trams, and subway.

IMPORTANT NOTE: You may not be asked to show your ticket on public transit. As a result, some travelers have been tempted to not buy a ticket at all. However, we strongly recommend that you purchase tickets, despite the fact you may not be asked to show them. Evading fares is illegal in Norway, and can result in an on-the-spot fine of up to €1000. If you are unable to pay the on-the-spot fine, you may be escorted to a police station until payment is received.

Bus and tram: Jernbanetorget is Oslo’s major bus and tram terminal stop. Most buses and trams passing through the heart of town stop at Wessels Plass, next to the Parliament, or at Stortorvet, the main marketplace. Many also stop at the National Theater or University Square on Karl Johans Gate, as well as stopping through Oslo’s suburbs.

The subway: The T-banen has four branch lines to the east. The Western Suburban route (including Holmenkollen) has four lines to the residential sections and recreation grounds west and north of the city. Subways and trains leave from near the National Theater on Karl Johans Gate.

Taxis: Hiring a taxi is very expensive in Oslo—we recommend taking public transportation instead. In addition to regular fares, there are lethal surcharges between 5pm and 4am.

All taxis have meters, and Norwegian cab drivers are generally honest. When a cab is available, its roof light goes on. Taxis can be hailed on the street, provided they’re more than 298 ft. from a taxi stand. The most difficult time to hail a taxi is Monday to Friday from 8:30 to 10am and 3 to 5pm, and Saturday from 8:30 to 10am.

Shopping: What to Buy, Customs, Shipping & More

There may be scheduled visits to local shops during your adventure. There is no requirement to make a purchase during these stops, and any purchase made is a direct transaction with the shop in question, subject to the vendor’s terms of purchase. O.A.T. is not responsible for purchases you make on your trip or for the shipment of your purchases.

Returns

If you discover an issue with an item, you should contact the vendor directly and expect that any resolution will take longer than it would in the U.S. We recommend that you keep a copy of all your receipts, invoices, or contracts, along with the shop's contact information. Keep in mind, local practice may vary from U.S. standards, so don't assume that you have a certain number of days after the purchase to speak up or that you are guaranteed a refund.

Crafts & Souvenirs

Denmark

A showcase for world-famous Danish design and craftsmanship, Copenhagen seems to have been designed with shoppers in mind. The best buys are such luxury items as crystal, porcelain, silver, and furs. Look for offers and sales (tilbud or udsalg in Danish) and check antiques and secondhand shops for classics at cut-rate prices.

VAT: Although prices are inflated by a hefty 25% Value-Added Tax (Danes call it MOMS), non-European Union citizens can receive about an 18% refund. For more details and a list of all tax-free shops, ask at the tourist office for a copy of the Tax-Free Shopping Guide.

Sweden

Swedish artisans create wonderful handmade glass and crystal (including Orrefors), which will make collectors proud. Swedish designer jewelry is also popular. Other traditional arts and crafts of the region include hand painted wooden Dalecarlian (Dala) horses, Viking and troll figures. If you have a sweet tooth, try Marabou chocolate, or try Glogg – an alcoholic drink served hot.

Norway

Popular items include trolls, jewelry, woolen items, glass, wood and leather goods, local brews, furniture, carpets, and other decor.

VAT: Although prices are inflated by a hefty 25% Value-Added Tax, non-European Union citizens can receive about an 18% refund. For more details and a list of all tax-free shops, ask at the tourist office for a copy of the Tax-Free Shopping Guide.

U.S. Customs Regulations & Shipping Charges

For all things related to U.S. Customs, the ultimate authority is the U.S. Bureau of Customs & Border Protection. Their website, www.cbp.gov has the answers to the most frequently asked questions. Or you can call them at **1-877-227-5511**.

The top three points to know are:

- At time of writing, your personal duty-free allowance is \$800 for items brought with you. Items totaling more than \$800 are subject to duty fees.

- **Items shipped home are always subject to duty when received in the U.S.** Even when the shop has offered to include shipping and duties in the price, this typically means shipping to the nearest customs facility and payment of the export duties—not door-to-door shipping or payment of the import duties. All additional duties or shipping charges would be your responsibility. Unless an item is small enough to send by parcel service (like FedEx), chances are you will need to arrange shipping or pick-up once the item is in the U.S. and will need to pay customs duties.
- It is illegal to import products made from endangered animal species. U.S. Customs & Border Protection will seize these items, as well as most furs, coral, tortoise shell, reptile skins, feathers, plants, and items made from animal skins.

DEMOGRAPHICS & HISTORY

Denmark

Facts, Figures & National Holidays

- **Area:** 16,640 square miles
- **Capital:** Copenhagen
- **Government:** Constitutional monarchy
- **Geography:** Denmark is the smallest of the Scandinavian countries (it's about half the size of Maine). The country occupies the Jutland peninsula, a lowland area, where the highest elevation is only 565 feet above sea level. But that doesn't mean that the country is entirely flat. Most of its terrain consists of folds, undulations, small, often steep hills, and long, low rises. There are also forests, rivers, lakes, and beaches, many of which are excellent for swimming, though the water may be too cold for some people.
- **Languages:** Danish, Faeroese, Greenlandic (an Inuit dialect), and a small German-speaking minority
- **Location:** Denmark consists of the peninsula of Jutland and a group of islands at the entrance to the Baltic Sea, between Sweden and Germany. The two largest islands are Sjaelland, site of Copenhagen, and Fyn. Denmark also has two self-governing dependencies—Greenland and the Faroe Islands.
- **Population:** 5,605,948 (estimate)
- **Religion:** Evangelical Lutheran 76%, Muslim 4%, other 16%
- **Time zone:** Denmark is one hour ahead of Greenwich Mean Time, six hours ahead of Eastern Time. Daylight Saving Time is in effect in Denmark from the end of March until the end of September.

National Holidays: Denmark

In addition to the holidays listed below, Denmark celebrates a number of national holidays that follow a lunar calendar, such as Easter and Ascension Day. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

05/01 May Day/Labor Day

05/05 Liberation Day

06/05 Constitution Day

12/25 Christmas Day

12/26 2nd Christmas Day

Denmark: A Brief History

About 10,000 years ago, the glacial ice sheets that covered northern Europe began to retreat, attracting huge herds of reindeer. These in turn attracted hunter-gatherers who arrived from southern and eastern Europe. As the climate further warmed, the reindeer migrated north, but the early Danes remained in this fertile land, establishing farming communities by 3000 BC.

By 1800 BC, these proto-Danes were trading weapons, jewelry, amber and furs with people as far away as Rome. They buried their dead in peat bogs and many of those bodies have been remarkably preserved. The first people identified as Danes came from Sweden around 500 AD. They had a written system of communication based on runes. (The symbol we now use for bluetooth devices is based on the runic signature of Harald Bluetooth, or Harald I, the Danish Viking who became king around 900 AD.)

The Viking Age began in 793 AD with the raid on Lindisfarne, an English island monastery. Sporadic raids had likely occurred before this, by Vikings from Sweden, Norway, and Denmark. They were not unified and the Danish Vikings primarily raided northeastern England, which at the time was a collection of warring Anglo-Saxon kingdoms. Danish Vikings had established a large settlement in Kent by 850 AD, and as more Danish colonists arrived, all of northeastern England fell under their control. The exception was Wessex, which reached an agreement with the Danes granting Wessex sovereignty, while the rest of the region was ruled as the Danelaw.

The Danish King Harald Bluetooth converted to Christianity in 965 AD, possibly to appease the Franks at Denmark's door. Harald forcibly established the new religion, and elevated the status of the Christian clergy. But Christianity did not bring peace. The Danes continued to fight to maintain and expand their territory, conquering parts of Germany and Estonia. After the Viking Age ended in 1066, Denmark's power declined. In 1397, the Union of Kalmar united Denmark, Sweden, and Norway under a single monarch, with Denmark as the dominant power.

Beginning in the 16th century, Denmark and Sweden began a lengthy rivalry. In 1658, Sweden took the Danish regions of Skåne, Halland and Blekinge, which are still Sweden's southernmost provinces. In the ensuing century, Denmark suffered more defeats: in 1814, it had to cede Norway to Sweden. But there were important domestic gains. . . . As 19th-century Europe was swept by nationalist fervor and revolution, Denmark had already abolished serfdom and established universal public education. By the 1830s, social and agricultural reforms had boosted the economy; there was a peasant landowner class; and a free press. In 1849, a new constitution created a legislative democracy, ending the monarchy's previous absolute power.

Denmark remained neutral during World War I, and tried to do the same during World War II. It signed a non-aggression pact with the Third Reich. But Germany invaded in 1940, threatening to bomb Copenhagen. With only a small military, the Danish government yielded. The Nazis at first allowed the Danes some autonomy. But when it began pressuring officials to comply with anti-Semitic policies, the Danish government resigned in protest. The Nazis took over in earnest, and the resistance movement grew. Tipped off by a Nazi diplomat that Germany was about to deport Denmark's Jews to concentration camps, the Resistance and many citizens managed to evacuate 7,220 of Denmark's 7,800 Jews to safety in Sweden.

After Germany's defeat, Denmark joined the United Nations in 1945, and became a founding member of NATO in 1949. The latter half of the 20th century saw Denmark's emergence as a prosperous, stable social democracy with one of the world's highest standards of living. In 2000, Denmark voted by referendum not to adopt the euro. It is one of only 5 countries in the world that meets the UN goal for wealthy nations to provide 0.7% of its gross national income for international development assistance. In addition, Denmark has established Danida, Danish Development Assistance, to fight poverty and improve education in developing countries. The current Prime Minister, Mette Fredericksen, is the second woman and youngest person (at 44) to hold that office. She is the leader of the center-left Socialist Democratic Party.

Sweden

Facts, Figures & National Holidays

- **Area:** 173,860 square miles
- **Capital:** Stockholm.
- **Government:** Constitutional monarchy
- **Geography:** The countryside of Sweden slopes eastward and southward from the Kjolen Mountains along the Norwegian border, where the peak elevation is Kebnekaise at 6,965 feet in Lapland. In the north are mountains and many lakes. To the south and east are central lowlands and south of them are fertile areas of forest, valley, and plain. Along Sweden's rocky coast, chopped up by bays and inlets, are many islands, the largest of which are Gotland and Oland.
- **Languages:** Swedish
- **Location:** Sweden is situated on the Scandinavian Peninsula, between Norway and Finland. The north of Sweden falls within the Arctic Circle.
- **Population:** 9,960,487 (estimate)
- **Religion:** Lutheran 63%, other (includes Roman Catholic, Orthodox, Baptist, Muslim, Jewish, Buddhist, and none) 17%
- **Time zones:** Sweden is one hour ahead of Greenwich Mean Time, six hours ahead of Eastern Time.

National Holidays: Sweden

In addition to the holidays listed below, Sweden celebrates a number of national holidays that follow a lunar calendar, such as Easter and Ascension Day. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day

01/06 Epiphany

05/01 May Day

06/06 National Day

12/24 Christmas Eve

12/25 Christmas Day

12/26 Boxing Day

Sweden: A Brief History

Sweden's history began at the end of the last Ice Age, when tribes from central Europe began settling in Sweden's southern regions and the ancestors of the Sami people coming from Siberia, settled in the north. By the 7th century AD, the Svea people would gain supremacy in the region and their kingdom gave the country its name of Sweden. Like in Norway and Denmark, Sweden flourished and expanded through trade and colonization during the 300 years of the Viking Age, ending by the middle of the 11th century, a period that also saw Sweden converting to Christianity.

In the 13th century, the Swedes conquered Finland, but Russia would continue to battle Sweden for control of Finland. By 1323 Finland was firmly in Swedish hands and would remain a province of Sweden until 1809. In 1397, Denmark, Sweden, and Norway were united under a single monarch by the Union of Kalmar. But with Denmark emerging as the dominant power, there was constant infighting between Sweden and Denmark, which came to a head in 1520 when Denmark invaded Sweden. Sweden would then leave the union that brought the three nations together resulting in the beginning of the Vasa Dynasty and the creation of the first true Swedish nation-state.

Remaining neutral during both World War I and II, Sweden would not have to rebuild from the ground up as many other European nations did. The ruling Social Democrats began implementing welfare protection measures, the economy grew steadily, and Swedes achieved a high standard of living. In the 1970s, Sweden's economy went into a decline, however, and wouldn't stabilize again until the late 1990s. Sweden joined the EU in 1995 and has seen steady improvements to its economy.

With the recent invasion of Ukraine by Russia in 2022, Sweden, a country who has previously worked with NATO as a non-aligned military, applied to join the coalition. In October 2022, all NATO members (except for Hungary and Turkey) ratified Sweden's assentation. Sweden formally became a full member of NATO in March 7th, 2024.

Norway

Facts, Figures & National Holidays

- **Area:** 125,049 square miles

- **Capital:** Oslo
- **Geography:** Nearly 70% of Norway is uninhabitable and covered by mountains, glaciers, moors, and rivers. It has a 1,700-mile coastline on the North Atlantic, raggedly indented with inlets, fjords, peninsulas, and islands. Because the coast is so well sheltered, and most of the country's land area is so rocky and mountainous, Norwegians have taken to the sea since prehistoric times.
- **Languages:** Two official forms of Norwegian: Bokmal and Nynorsk
- **Location:** The Kingdom of Norway stretches along the western edge of the Scandinavian Peninsula, bordering Sweden, Finland, and Russia to the east. It extends about 1,100 miles from the North Sea to more than 300 miles above the Arctic Circle. That makes it the farthest north of any European country.
- **Population:** 5,320,045 (estimate)
- **Religion:** Church of Norway (Lutheran) 71.5%, other Christian 3.9%, Muslim 2.8%, Roman Catholic 2.8%, other 2.4%, unspecified 7.5%
- **Time zone:** Norway is 1 hour ahead of Greenwich Mean Time during daylight saving time, 6 hours ahead of Eastern Time. Daylight Saving Time is in effect in Norway from the end of March until the end of September.

National Holidays: Norway

In addition to the holidays listed below, Norway celebrates a number of national holidays that follow a lunar calendar, such as Easter and Ascension Day. To find out if you will be traveling during these holidays, please visit www.timeanddate.com/holidays.

01/01 New Year's Day
 05/01 May Day
 05/17 Constitution Day
 12/25 Christmas Day
 12/26 Boxing Day

Norway: A Brief History

In spite of its extreme geography and climate, Norway has been inhabited for about 10,000 years, starting when the last great ice sheets retreated. Migrations of the Nøstvet-Økser people of central Europe began arriving along the southern Norwegian coast, and by 5,000 BC, agricultural settlements appeared around the Oslofjord, and spread across southern Norway, then migrating north. The real story of Norway begins with the Vikings, dauntless seafarers who emerged from southern Norway, Sweden, and Denmark. Sailing their advanced longboats, they developed new trade routes from Newfoundland to Russia to Baghdad and beyond. The Viking Age was short, spanning about 300 years starting in 793.

Throughout history, the Vikings have been romanticized and vilified. Today, archeologists have constructed a more balanced picture. The Vikings certainly terrorized, murdered, and enslaved many people they overran; but they also often assimilated with them, rarely destroyed the native

cultures, expanded the flow of goods and ideas, and left progressive legal codes. It can be argued that they were no more ruthless than their contemporaries, just more successful. Their legacy includes the first unification of Norway in 872; and the adoption of Christianity.

After 1066, a declining Norway became increasingly beholden to Sweden, Denmark, and the merchant cities of the Hanseatic League. In 1349, the Black Death killed more than 50% of the population. Norway entered a union with Denmark and for the next 200 years, most of its commerce was taken over by the Hanseatic League. Various disputes between the Danish Union and Sweden dragged Norway into the Seven Years War (1563–70), followed by the Kalmar War (1611–14). Up until 1720, Norway lost a good portion of its territory to Sweden.

Nationalist sentiments began growing in Norway during the waning years of the Napoleonic Wars, when the kingdom of Denmark–Norway and Sweden were once again on opposing sides. By the end of 1814, Norway was a constitutional monarchy in a union with Sweden. But while Norway had adopted its own constitution and chosen its own king, it would only achieve full independence after severing ties with Sweden as a result of a popular referendum in 1905.

Norway remained neutral during World War I, and its economy and confidence grew with the development of industry, hydroelectric power, and exports; and the enfranchisement of women. But when Norway stated its neutrality during World War II, Germany invaded anyway and occupied Norway from 1940 until the end of the war. The Norwegian Resistance was strong, and the Germans took revenge up until the end, retreating with a scorched earth policy that obliterated farms, forests, and entire towns. Norway joined NATO 1949 and became a founder member of the United Nations. Still, it remained one of Europe's poorest nations.

This changed when crude oil was discovered here in 1969. The standard of living and per capita wealth rose dramatically, and the windfalls (coupled with high taxes) enabled the government to develop one of the world's most comprehensive social welfare systems. Citizens enjoy free medical care; free higher education; generous family leave; childcare and eldercare supports; generous pensions; and more. Norway is arguably Europe's most egalitarian social democracy.

Norway has a strong presence on the international stage; has participated in peacekeeping missions; and plays a leading role in refugee assistance. But Norway has remained wary of joining the European Union.

RESOURCES

Suggested Reading

Scandinavia

A History of Scandinavia by T. K. Derry (2000, History) Provides a nice overview of the history of Norway, Sweden, Denmark, Finland, and Iceland.

Smilla's Sense of Snow by Peter Hoeg (1995, Suspense) This superbly constructed atmospheric thriller set in Denmark went on to become required reading for many Scandinavian Studies programs at universities, and was the basis for the 1996 Oscar-nominated movie. Be warned: There are some racy and controversial scenes.

A History of the Vikings by Gwyn Jones (1968, History) Before their defeat at Hastings in 1066, the Vikings' sphere of influence extended from Constantinople to America. Gwyn Jones brings their civilization alive in this portrait of the Viking adventures, based on surviving documents and archaeological finds. Considered the classic for non-scholarly coverage of the Vikings but might be a slog for some.

Denmark

We, the Drowned by Carsten Jensen (2011, Fiction) An epic seafaring adventure that follows the inhabitants of the Danish town of Marstal from 1848 to World War II, when the men sail the world and the women who are left behind form a community. The book is long (600 plus pages) and deals frankly with war, violence, and cruelty. But it was a runaway international bestseller and lauded for its use of fantastical elements.

Iceland's Bell by Halldor Laxness (2003, Fiction) Nobel Laureate Halldor Laxness reinvents the traditional Icelandic saga and injects it with a modern sensibility and a satirical undercurrent that speaks to our age. The plot pits an impoverished Danish colony – Iceland in the 17th century – against the grand historical workings of Danish and Icelandic history. Three interconnected stories reveal the political and personal conflicts of the day in historical context.

On Tycho's Island: Tycho Brahe and his Assistants, 1570–1601 by John Robert Christianson (1999, Biography/History) Chiefly famed as an astronomer, this book offers a fuller vision of Tycho Brahe as Renaissance man and scientist. From his private island in Denmark, Brahe assembled and manipulated the artists, nobility and the intelligentsia of the age to create breakthroughs in astronomy, science and research.

Winter's Tales and ***Seven Gothic Tales*** by Isak Dinesen (1934, Stories) Best known for *Out Of Africa*, her memoir of 20 years running and living on a coffee plantation in Africa, Karen Blixen (pen name, Isak Dinesen) also wrote short tales based in her homeland, Denmark. *Winter's Tales* and *Seven Gothic Tales* are generally considered the high water marks of her shorter works.

The Complete Fairy Tales by Hans Christian Andersen (1913, Folklore) There are several different anthologies of these fairy tales, written by Denmark's famous poet, novelist, and writer of short stories. Considered a genius for his inventiveness and imagination, his works continue to captivate both children and adults.

Sweden

A Man Called Ove by Fredrik Backman (2014, Fiction). Funny and poignant, this first-time novel by Stockholm native Fredrik Backman about an old curmudgeon who regains a will to live when a young family moves in next door made best seller lists around the world.

The 100-Year-Old Man Who Climbed Out the Window and Disappeared by Jonas Jonasson (2012, Fiction). A publishing sensation from another first time Swedish author, this one is the riotous exploits of a centenarian with a backstory better than Forrest Gump's who is desperate to avoid his 100th birthday party. And a sequel was just released: ***The Accidental Further Adventures of the 100-Year-Old Man***.

The Girl with the Dragon Tattoo, The Girl who Played with Fire, and The Girl who Kicked the Hornet's Nest by Stieg Larsson (2007, Mystery) A huge hit when *The Girl with the Dragon Tattoo* was first released in the U.S. in 2008, this series of mysteries set in Sweden became a worldwide phenomenon. Dark and gritty, they are reminiscent of old-time noir films. Sadly, Larsson died in 2004 shortly after delivering the manuscripts of all three books.

A Year in Lapland: Guest of the Reindeer Herders by Hugh Beach (2001, Culture) An American anthropologist's account of a year spent living with the Sami (Lapps) and learning in depth about their way of life. Though set among the Tuorpon Saami in the Jokkmokk District of northern Sweden, this detailed picture of Sami culture says much about the ways of these people across all their homeland in northern Norway, Sweden, and Finland.

Norway

Norse Mythology by Neil Gaiman (2017, Myths) Acclaimed author Neil Gaiman retells stories about the Norse gods Odin, Thor, and Loki in a modern way while still staying true to the originals.

The Winter Fortress: The Epic Mission to Sabotage Hitler's Atomic Bomb by Neal Bascomb (2016, History) It reads like a thriller, but it's the true story of the race to prevent the Nazis from getting heavy water—which was the last piece they needed to create an atomic bomb—an item only produced in a fortress-like plant in Vemork, Norway.

The Bat by Jo Nesbo (1997, Mystery) Norwegian novelist Jo Nesbo published 10 more thrillers featuring Harry Hole, a gifted investigator with the Oslo police. This is the first, introducing our hero who is an alcoholic and prone to depression, but a joy to know.

Growth of the Soil by Knut Hamsun (1920, Fiction) Winner of the Nobel Prize for Literature, Hamsun captures the indomitable human spirit of Norway's early settlers like Steinbeck did for farm families during the Dust Bowl.

A Doll's House, Ghosts, An Enemy of the People, and The Wild Duck by Henrik Ibsen (Plays) These works by Norwegian playwright Henrik Ibsen (1828–1906) changed theater forever with the first realistic dialogue and depictions of love, marriage, and the ills of contemporary society.

Suggested Films & Videos

Denmark

The Danish Girl (2015, Drama) The Danish artist Einar Wegener (later known as Lili Elbe) was one of the first people to undergo sex reassignment surgery. This biopic depicts Elbe's early career and marriage to artist Gerda Gottlieb, and the Bohemian worlds of Copenhagen and Paris in the 20s and early 30s.

A Royal Affair (2012, Historical Drama) The mentally ill King Christian VII comes to rely on his friend and physician, Johann Struensee (Mads Mikkelsen), a radical Enlightenment thinker from Germany. So, too, does the lonely Queen Caroline (Alicia Vikander), who begins a passionate affair with the doctor. The king learns of their liaison, but protects them, and makes Struensee a Royal Advisor who essentially rules in the king's name. But his reforms are cut short when plotting aristocrats use the affair and Struensee's foreign status to bring a tragic end to this true story.

The Danish Solution (2003, Documentary) Filmmakers Karen Cantor and Camilla Kjaerulff, with Garrison Keillor narrating, reveal how the citizens of Denmark protected their Jewish population against Hitler's attempt to impose his final solution into Denmark.

Pele the Conqueror (1988, Drama) Directed by Billie August, this Danish-Swedish production won the 1989 Oscar for Best Foreign Film, and star Max von Sydow was nominated for Best Actor. It follows the early 19th-century widower Lasse, who emigrates with his 12-year old son Pelle to the Danish island of Bornholm in search of a better life. That is not what they find.

Babette's Feast (1988, Comedy) Set on the rugged coast of 19th century Denmark, this film is from a short story by Isak Dinesen. Two beautiful daughters grow up with a clergyman father, who preaches self-denial. After his death, the sisters uphold his inflexible practices until the arrival of a French refugee, Babette. She cooks and for them, and introduces them to the deep pleasure of a gourmet French meal. Winner of the 1987 Oscar for Best Foreign Language Film.

Sweden

My Life as a Dog (1985, Drama) The story of Ingemar, a 12-year-old Swedish boy sent to live with his childless aunt and uncle in a country village when his mother falls ill, resulting in a Swedish look at the adult world through a child's eyes. A lovely, sometimes intense coming of age story with rural Sweden as backdrop.

Smiles of a Summer Night (1955, Comedy) Ingmar Bergman's idea of a bedroom farce brought him international stardom. A melancholy comedy the film depicts the romantic entanglements of three 19th-century couples during a weekend at a country estate. It's also pure Bergman: sharp, serious, thoughtful, and sobering, though there's an undercurrent of humor that the venerable director of such serious film classics like *The Seventh Seal* is not particularly known for.

Norway

Kissed by Winter (2005, Drama) Set in Norway's snowy wilds, a woman runs from her difficult past and discovers love again. After a horrible accident, the guilt-stricken Victoria leaves her husband and flees to the country. She becomes entangled in an unusual murder investigation, and is pulled into the life of the main suspect.

Kitchen Stories (2003, Comedy) Swedish efficiency researchers come to Norway to study the domestic habits of Norwegian men. But things go awry when Isak, a cranky farmer, decides to amuse himself by impeding the work of his fastidious Swedish researcher, Folke. The kitchen quickly becomes the scene of a sly battle of wits. Inspired by actual research done in the 1940s and 50s, this stylish film charmed audiences.

Kristin Lavransdatter (1995, Historical Drama) An epic love story set in 14th century Norway. The beautiful Kristin dutifully takes herself to a convent to await her arranged marriage, but her beauty and devotion only inspire envy and violence. When she falls in love with young knight, it prompts a family and political crisis. Directed by Liv Ullmann and adapted from a trilogy by the Nobel Laureate Sigrid Undset, this is a clear-eyed depiction of Norse life, love, society, and redemption.

Edvard Munch (1974, Biography) Peter Watkins' experimental biography of Norwegian artist Edvard Munch traces Munch's life between 1884 and 1894, from Christiania (modern Oslo) to Berlin and his relationships with August Strindberg. Watkins' uses sound, montage, close ups and a dark color palette to emulate Munch's stylistic approach to his art.

Song of Norway (1970, Biography) This 1970 film adaptation of the operetta of the same name depicts the early struggles of composer Edvard Grieg and his attempts to develop an authentic Norwegian national music. With an international cast that included Florence Henderson and Edward G. Robinson, the film was an attempt to cash in on the success of *A Sound of Music*. Most critics agreed that it failed miserably—although British audiences liked it.

Useful Websites

Overseas Adventure Travel

www.oattravel.com

Overseas Adventure Travel Frequently Asked Questions

www.oattravel.com/faq

International Health Information/CDC (Centers for Disease Control)

www.cdc.gov/travel

Electricity & Plugs

www.worldstandards.eu/electricity/plugs-and-sockets

Foreign Exchange Rates

www.xe.com/currencyconverter
www.oanda.com/converter/classic

ATM Locators

www.mastercard.com/atm
www.visa.com/atmlocator

World Weather

www.intellicast.com
www.weather.com
www.wunderground.com

Basic Travel Phrases (80 languages)

www.travlang.com/languages

Packing Tips

www.travelite.org

U.S. Customs & Border Protection

www.cbp.gov/travel

Transportation Security Administration (TSA)

www.tsa.gov

National Passport Information Center

www.travel.state.gov

Holidays Worldwide

www.timeanddate.com/holidays

History & Culture

en.wikipedia.org

Useful Apps

Flight Stats

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Get access to premium airport lounges around the world

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Personalized tips for avoiding jetlag, based on neuroscience and your own data

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City guides, walking maps, and more – and it works offline

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Where to go, what to see, and what to do in more than 160 countries

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Find a clean toilet anywhere

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Ride sharing around the world

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ATM locations

Shows the location of the nearest ATM in your network

TunnelBear

Provides a secure VPN (virtual private network) that will encrypt your browsing data when you use a public WiFi network

What's App, Skype, or Signal

WiFi calling anywhere in the world

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Learn dozens of foreign languages

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Fast and simple translations

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Currency conversions

SizeGuide

Clothing and shoe sizes in all countries

Best Units Converter

Converts currency, mileage, weights, and many other units of measurement

Tourlina

For women only, it connects you with other female travelers

Happy Cow

Locate vegan and vegetarian eateries in 195 countries

Eatwith

Dine with locals all over the world

Meetup

Connects you with locals who share your interests

Skyview

Identifies constellations and heavenly bodies

Travello

Find travel friends on the road

ALIX for One

Created by and for women, it identifies solo-friendly dining spots in major international cities

TripWhistle

Maps your location and provides emergency numbers for police, medics, and more

GeoSure

Safely navigate neighborhoods around the world

Chirpey

For women only, connect with other women, find out what's safe, meet up, and more



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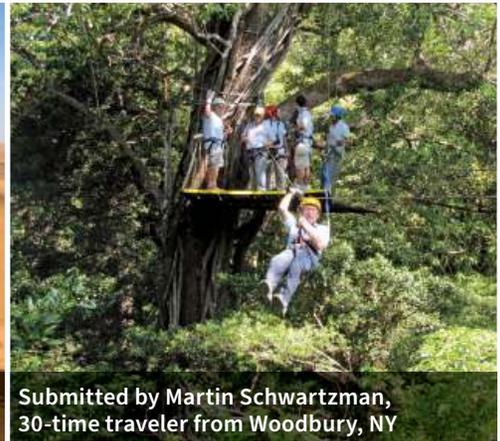
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