***Newsletter Service***

**September/October 2022**

**SEPTEMBER ISSUE**

**How to Behave in Norway: Five Tips**  
  
As when traveling anywhere in the world, you may find some of the social norms in Norway are different than what you are used to. Here are some tips that will help you make the most of your trip to Norway:

1. Don’t get too close! Norwegians really value their personal space. Even when you’re standing in line, try to stay at least an arm’s length away from others.
2. Avoid too much eye contact. Otherwise, you will make your newfound Norwegian friends uncomfortable. A good rule of thumb is to use the same amount of eye contact as the person who you are speaking to does.
3. Be punctual. If you are a few minutes late, it’s forgivable, especially if you call ahead to let the host/hostess know. To arrive any later than that is considered extremely rude.
4. Never compare Norway unfavorably to Sweden—especially when it comes to winter sports! Norway was the country with the most medals in the last Winter Olympics, after all.
5. Notice your surroundings. Norwegians are understandably proud of their stunning landscape, and appreciate it when visitors admire it, too.

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[**https://www.dropbox.com/s/kqtirj9ab72nycc/Behave-in-Norway.jpg?dl=0**](https://www.dropbox.com/s/kqtirj9ab72nycc/Behave-in-Norway.jpg?dl=0)

**Velkommen, Baby Boom!**

A pandemic-related baby boom has sent Norwegian families scrambling to find perfect names for their new additions. 2021 saw over 3,000 more births in Norway than in 2020. Thankfully, help has come from an entity with a long history flaunting imaginative naming skills: IKEA.

Employees at the Norwegian branch of the Swedish retail giant combed through its catalogs, curating a “name bank” overflowing with over 800 monikers inspired by over 70 years of flat-pack tables, chairs, chandeliers, desks, and a mish-mash of other household staples.

While many IKEA product labels are inspired by Swedish place names, several others have appellations associated with humans. They range from the more typical, such as Billy, a strikingly modern black and white chair from 1970, to the more exotic such as Ulrika, a dainty side table available in 1958. The names are accompanied on the website by a picture of the item, the year it was introduced, and a description in Norwegian. The descriptions can apply to both the furniture item and to your newest family member.

Experience it yourself here![**https://www.ikea.com/no/no/campaigns/navnekatalogen-pub419139a0**](https://www.ikea.com/no/no/campaigns/navnekatalogen-pub419139a0)

**Article photo for download:**

[**https://www.dropbox.com/s/8wmntn6d2drnqpb/Baby-Boom.jpg?dl=0**](https://www.dropbox.com/s/8wmntn6d2drnqpb/Baby-Boom.jpg?dl=0)

**Statistics Norway to Collect Data in Norwegian Supermarkets**

Statistics Norway (SSB), a state-owned entity that collects and communicates statistics in Norway, is pursuing a new type of data collection that is met with differing opinions. SSB wants Norway’s major supermarket chains to share their receipt data. The major supermarket chains include: NorgesGruppen, Coop, Bunnpris and Rema 1000. The reason SSB is after this type of information is because they believe it will be a more efficient way of gathering and analyzing household consumption statistics to inform decisions on social assistance, tax policy, and child allowance. In the past, such information was written down in a booklet by Norwegian households, proving to be very time-consuming.

The trend of increased state data collection is concerning to many. In fact, payment processor, Nets, is troubled “about the collection and compilation of data that may be problematic and intrusive for the individual citizen.” Additionally, NorgesGruppen plans to appeal the decision. Only time will tell how fruitful the appeal will be.

**Article photo for download:**

[**https://www.dropbox.com/s/dqwfeyg01ypes59/Supermarket-Data.jpg?dl=0**](https://www.dropbox.com/s/dqwfeyg01ypes59/Supermarket-Data.jpg?dl=0)

**TRANSLATION**

# Nordmenn vil avlyse ferieturen sin som følge av varmt vær

Forsikrings-selskap sier at nordmenn vurderer å avlyse ferieturen sin. Mange er redd for at det blir for varmt dit de skal reise.

Spania er et land nordmenn elsker å reise til. Denne sommeren er det ekstra varmt. På søndag var det nær 43 grader varmt.

Det gjør at folk vurderer å avlyse ferien sin. Det sier forsikrings-selskapet If. De har allerede fått spørsmål om det er mulig å få igjen på forsikringen.

If sier at varme ikke dekkes av forsikring.

– Er du bekymret for varmen, så er det ikke noe som gir grunn til å avbestille. Men er du først på turen og det skjer noe, så vil du få all den hjelp vi kan bidra med. Det sier Bjarne Aani Rysstad til kanalen NRK. Han jobber med forsikring for Gjensidige.

Andreas Handeland sier det samme. Han jobber for If. Han sier også at det kreves erklæring fra lege for å få igjen på forsikringen.

I byene Sevilla, Cordoba og Badajoz er det meldt at det kan bli så varmt som 43 grader. Alle de tre byene er sør i landet.

Det er også meldt at det kan bli så mye som 38 grader varmt i hovedstaden Madrid. Det er langt mer enn hva som er vanlig i starten av juni.

Ifølge forskere er det ventet at slik hete vil skje oftere i framtiden. Den vil også bli varmere som følge av tørke og et endret klima.**TRANSLATION**

**Norwegians Cancel Trips Due to Hot Weather**

An insurance company says that Norwegians are considering canceling their vacation trips. Many people are afraid that it will be too hot where they are planning to travel.

Spain is a country Norwegians love to travel to. This summer it has been extra hot. On Sunday it was close to 43 degrees [Celsius - 109° F].

This makes people consider canceling their vacations. This is according to insurance company IF. They have already been asked if it is possible to receive refunds through insurance.

IF says that heat is not covered by insurance.

“If you are worried about the heat, then there is no reason to cancel. But if you go on the trip and something happens, you will get all the help we can offer,” Bjarne Aani Rysstad told tv and radio channel NRK. He works in insurance for Gjensidige.

Andreas Handeland says the same thing. He works for IF. He also says that a statement from a doctor is required to receive the insurance coverage.

**Norwegian Cinnamon Thumbs**

These delicious shortbread cookies rolled in cinnamon sugar are a perfect little treat with a cup of coffee!  
  
**Cookie Ingredients:**5 Tbsp. sugar  
1 cup butter  
2 cups flour  
1 tsp. vanilla

**Ingredients for rolling:**1 tsp. cinnamon

¼ cup sugar

**Directions:**

Preheat the oven to 350°F.

To make the cookies, beat the sugar and butter together until fluffy. Add the flour and vanilla, and beat until the dough comes together.

Take a small amount of dough (about the size of a tennis ball), and roll is gently into a long, skinny rope 1/2" in diameter (about the width of your pinky). Using a sharp knife, cut the dough into 2" pieces, making sure to cut on the diagonal instead of straight across.

Place cookies a few inches apart on a lined baking sheet, and bake 8-10 minutes, until just beginning to turn golden on the bottom edges. Remove cookies from oven and allow to cool slightly.

While cookies are cooling, combine the cinnamon and sugar for rolling in a small bowl. When cookies are cool enough to handle, roll each one gently in the cinnamon sugar, and place on a cooling rack to finish cooling.

Source: [**https://luluthebaker.com/norwegian-cinnamon-thumbs-huge-news/**](https://luluthebaker.com/norwegian-cinnamon-thumbs-huge-news/)

**Article photo for download:**

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**OCTOBER ISSUE**

**Oslo on Top for Work-Life Balance**

Software firm Kisi recently conducted a study of work-life balance in various cities. The study considered areas such as healthcare access, parental leave, flexible work options, vacation days, and safety. Number one on their published list was Oslo, Norway. One of the factors that aided Oslo in the win was its flourishing job market in the energy and environmental industries, life sciences, and IT industry. Data from the study also showed that Oslo workers receive 707 days of parental leave and about 25 vacation days a year. Following closely behind Oslo were Bern, Switzerland, and Helsinki, Finland. Six of the top ten cities on the list were cities located in Europe. There were no United States cities in the top 10; the highest ranked US city was Seattle at number 32. Perhaps this study is an indication that the United States should look outward for tips on work-life balance to retain and compete for top talent.

**Article photo for download:**

[**https://www.dropbox.com/s/a3svxfyvx1wdskb/Work-Life-Balance.jpg?dl=0**](https://www.dropbox.com/s/a3svxfyvx1wdskb/Work-Life-Balance.jpg?dl=0)

**Trolling the Internet**

Through the magic portal of Netflix, an ancient Nordic creature is scheduled to awaken and wreak havoc on our screens and imaginations. Director Roar Uthaug’s much anticipated film, “Troll” is set to stream into homes sometime in 2022.

Born in Lørenskog, about 11 miles west of Oslo, Uthaug is known as the director of 2018’s “Tomb Raider” and the Norwegian thriller “Bølgen” - “The Wave” inspired by the real life Talfjord tsunami of 1934. Of his newest cinematic venture, Uthaug muses, “Troll is an idea that has been developing in the back of my mind for over 20 years. To finally realize it with the enthusiastic and ambitious people at Netflix and Motion Blur is truly a dream come true. I can’t wait to unleash this Norwegian monster on the world.”

According to Variety magazine, the film’s eponymous creature is awakened from a deep sleep under the mountains of Dovre. Understandably crabby, it explodes out of the earth and pounds its way towards Oslo, destroying everything in its path.

You can watch the teaser here: [**https://www.youtube.com/watch?v=u8XFIfjkm1s**](https://www.youtube.com/watch?v=u8XFIfjkm1s)

**Article photo for download:**

[**https://www.dropbox.com/s/velxr7dgzf9los8/Troll.jpg?dl=0**](https://www.dropbox.com/s/velxr7dgzf9los8/Troll.jpg?dl=0)

**Quirky Laws in Norway**

It seems that in all countries in the world, if you dig into the rule books, you can find some strange and sometimes downright funny laws. Norway is no exception! Here are a few lesser-known infractions to avoid committing on your next Norwegian vacation:

1. No peeking at your partner’s phone! Reading someone else’s texts is considered a violation of their privacy and is punishable by up to two years in jail!
2. Should you happen to find a ship that is more than 100 years old, make sure to inform the police immediately. No keeping it for yourself!
3. Don’t pick other people’s cloudberries. While foraging for berries on public land is acceptable, cloudberries are so rare that they are sometimes called “Arctic Gold.” If you want to avoid a hefty fine or even jail time, leave them alone!
4. If you are in Norway for Halloween, resist the urge to dress up like a policeman. Unauthorized use of a uniform can land you in jail for up to 6 months!

Sources: [**https://norwaytoday.info/everyday/9-things-thatll-get-you-arrested-in-norway/**](https://norwaytoday.info/everyday/9-things-thatll-get-you-arrested-in-norway/)

[**https://www.scandinaviastandard.com/a-guide-to-cloudberries-all-about-the-norths-most-sought-after-fruit/**](https://www.scandinaviastandard.com/a-guide-to-cloudberries-all-about-the-norths-most-sought-after-fruit/)

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**TRANSLATION**

**Salget av blomster øker**

Salget av blomster har økt under korona-pandemien. Vi sender blomster både til oss selv og de vi er glade i.

Vi bestiller mer blomster under korona-krisen. Det har vært en tidobling av antallet bestillinger hos Interflora. Hos Mester Grønn har det vært en økning på 200 prosent. Interflora har 370 butikker i Norge. Mester Grønn har 130 butikker.

– Blomster formidler en følelse og en tanke. Det forsterker opplevelsen av å bli sett og å føle seg verdsatt. Det sier Kjetil Hans Løken til NRK. Løken er daglig leder i Interflora Norge.

Løken forteller at Interflora opplevde en dobling i blomster-bestillingene i midten av mars [2020]. Da kom de strenge korona-reglene. De siste to ukene har det vært en tidobling.

– Vi snakker om 10.000 utkjøringer per dag, sier Løken.

Erling Ølstad er blomster-handler i Mester Grønn. Mester Grønn opplever nå at mange sitter hjemme og bestiller blomster til seg selv. De vil pynte opp hjemme, men ønsker ikke å gå ut for å handle.

– Dette har vi aldri sett tidligere, sier Ølstad.

Korona-krisen gjør at det kan bli mangel på noen blomster. Derfor bestilles det mest tulipaner, påskeliljer og løkblomster. Det er norske varer.

**TRANSLATION**

**Flower Sales Increasing**

Flower sales have increased during the Covid-19 pandemic. We’re sending flowers both to ourselves and those we love.

We’ve ordered more flowers during the Corona crisis. There has been a tenfold increase in the number of orders at Interflora. At Mester Grønn, there has been an increase of 200 percent. Interflora has 370 stores in Norway. Mester Grønn has 130 stores.

“Flowers convey feelings and thoughts. They enhance the experience of being seen and feeling valued,” Kjetil Hans Løken tells NRK. Løken is the general manager of Interflora Norway.

Løken says that Interflora experienced double the flower orders in mid-March [2020]. Then came the strict lockdown rules. In the last two weeks [of April 2020], there has been a tenfold increase.

"We are talking about 10,000 deliveries per day,” says Løken.

Erling Ølstad is a florist for Mester Grønn. Mester Grønn is noticing that many people are ordering flowers for themselves at home. They want to decorate their homes, but do not want to go out shopping.

"We have never seen this before,” says Ølstad.

The corona crisis means that there may be a shortage of certain flowers. Therefore, tulips, daffodils and bulb flowers are mostly being ordered. These are Norwegian goods.

**Per Pettersen Picked a Peck of Pickled Pumpkins**  
  
As autumn winds down into winter, Norwegians stock up their pantries with the final harvests of vegetables and fruits in the form of canned preserves. Though an uncommon vegetable in Norway, Pickled Pumpkin is a traditional treat featured on “koldtbord” tables, the menus of fine hotels, and on mom’s dinner table.

Get out your canning jars and try this recipe for “Syltet Gresskar” found on [**arcticgrub.com**](http://www.arcticgrub.com)**.**

**Ingredients:**

2 pounds of pumpkin – cleaned, peeled and diced into cubes

2 cups apple cider vinegar

1 cup water

3 cups sugar

1 tsp. salt

3 Tbsp. fresh ginger, chopped

15 whole cloves

10 whole allspice berries

2 cinnamon sticks

1 – 2 bay leaves

1 vanilla bean pod (optional)

1 whole chili pepper (optional)

**Directions:**

Bring the vinegar, sugar, water, ginger and spices to a boil in a large pot. Add the diced pumpkin. Bring down to a simmer and cook until the pumpkin pieces are clear and tender, which should take 3-4 minutes. Using a slotted spoon, scoop out the pumpkin bits and place into the prepared canning jars.

Continue boiling the liquid until it thickens, about 15 minutes. Pour the liquid over the pumpkin in the canning jars, screw on the lids, and let sit in room temperature overnight. Keep the jars in a cool and dark spot until ready to use!

Find out more here: [**https://arcticgrub.com/pickled-pumpkin-a-forgotten-recipe/**](https://arcticgrub.com/pickled-pumpkin-a-forgotten-recipe/)

NOTE: Be sure to follow proper canning procedures for safe snacking. A pdf from the FDA can be downloaded here: [**https://www.fda.gov/media/107843/download**](https://www.fda.gov/media/107843/download)

**Article photo for download:**

[**https://www.dropbox.com/s/ge7g0m8cx36gub4/Syltet-Gresskar.jpg?dl=0**](https://www.dropbox.com/s/ge7g0m8cx36gub4/Syltet-Gresskar.jpg?dl=0)