

2022 Norway Prepare to Travel Zoom Agenda

Monday, August 22. 7:00 p.m. Central

Map of travellers

CHECK YOUR EMAIL DAILY!!!!

Pandemic related info:

- Flexibility and managing expectations is key!
- Travel is still far from normal. Current issue is supply and staffing issues. The best way to receive good service is to BE KIND to the service staff you are asking to assist you. Remember, the issue you are having is out of their control!
- <https://apply.joinsherpa.com/travel-restrictions> Check this site for updates and COVID travel regulations. You can input your air itinerary in and receive all the entry requirements for the countries you are traveling through.
- COVID requirements for entry to OSL traveling through AMS:
 - NO testing required for vaccinated passengers on the outbound!
 - **Transiting through AMS.**
 - Must show proof of vaccination
 - “Starting February 1st, 2022, travelers must have received their last vaccination dose in the past 270 days for a valid vaccination certificate.”
 - **Transiting through FRA and KEF and CPH.**
 - NO proof of vaccination required. BUT ALWAYS carry your vaccination card!
 - No health declaration required.
 - **Returning home:**
 - Must show proof of vaccination!
- Currently masks are not required at any time. This is always subject to change. It’s your decision as to how much you want to protect yourself. If you wear a mask, wear a good one that will protect YOU...N95 or KN95.
- Should you become ill while on tour and test positive for COVID, you will be required to remain behind the group and isolate at a hotel. Tour staff will make sure you have accommodations and all information necessary to take care of yourself, get official testing, and return to the United States.
- Note: A recommendation was made by a participant on the Zoom that everyone self-test for COVID within the first couple of days of arrival in Oslo. Deb will not require this testing, but it is highly recommended. Be a good travel community member and be consider of others in our group to avoid spread of virus. It is highly suggested that you bring some self-tests along with you.

Air and Travel to Oslo

- Air is a challenge these days due to flight delays, cancelations, etc. If I booked your flights through Centrav, changes to flights will need to be facilitated by me through Centrav. Issues are dealt with in the order of departure!! Patience is required!!
- Arrival flights were booked to arrive in the morning so there are additional incoming flights later in the day should you have a flight delay. Also, you might want to keep your calendar open for 9/15 in case you have a flight cancellation and decide to depart a day early.
- Keep ALL WRITTEN records of your flight booking history, including original flights, updated flight itineraries, new flight itineraries in the case of cancelations. If you have flight information on your phone that you don't have a paper copy of, take a screen shot.
- E-tickets bring a printed copy, even if you are using an airline app!
- Get a PAPER boarding pass in case you need to file an insurance claim.
- Do not delete anything related to air travel until you return home and are confident that you will not need to file an insurance claim!
- Check your flights!!! Once your travel has begun, you will work directly with the airline to manage your flights in the case of a cancelation.
- Recommend you have the airline app on your phone for receiving up-to-date alerts about your flights.
- Arrival into Oslo. I plan to come to the airport early in time to greet the 11:05 arrivals. Last group arrives at 12:30 and we will depart as a group following their arrival.
- Bus will pick up early arrivals at the hotel at 11:30 a.m. and will head to the airport. After everyone has arrived, we go directly to our two yarn shop stops.
- Those who will have wait time in the Oslo airport, get lunch and snacks. Dinner is late that evening.
- Knitting needles and crochet hooks
 - OK to take in carry-on in U.S. airlines, but security can confiscate if they choose. Avoid taking your best needles or a full set. Bamboo needles are less likely to be questioned. If you are flying non-U.S. airlines, check their webpages for restricted items.

Passports

- Make a copy!!
- Keep in carry-on...do not pack!

Medications and health issues.

- Pack enough medication (in your carry on) so you have enough if you get detained for 7-10 extra days!
- Any dietary or health issues you did not indicate when you registered...let me know ASAP.

Currency

- Currency is Norwegian Krone. ATM at airport or currency exchange at airport. Or before you leave. You will use credit card for most everything. MC and VISA most commonly accepted. AMEX not as much.
- Contact your credit card company to notify them that you are traveling internationally.
- Tipping: Deb needs to check on the recommended amounts and will get back to you. This will be the biggest thing you will need local currency for.
 - Guide and driver?
 - Local guides?
 - Deb will pass a tip bag around along with a card for everyone to sign.

Time and weather.

- 7 hours ahead of Central Daylight Time
- Temps averaging lower 60's during the day down to mid-upper 40s at night
- Sunrise about 6:30 a.m.; sunset about 7:45 p.m.; @13 hours of daylight

Purchases, VAT and VAT claims, shipping home. If you want to ship things, ask the merchants to do the shipping. Mailboxes Etc a short walk from our hotel in Oslo. VAT is 25% and is included in the prices. There is a minimum purchase to claim VAT. Partial reimbursement can be claimed. When you go to request your refund on departure, make sure you have your goods with the receipts and Global Refund Cheque forms as well as your passport.

Phones/wifi/communications. Deb will have a phone you can use if you need to make a call. Most people make phone calls with a Wi-Fi service like Whatsapp, etc. Check with your cellular provider as to the settings to use on your phone so you don't get charged international roaming fees!

Travel insurance – Bring a copy of your coverage with the insurance company contact info and/or the wallet cards. If you can't find the confirmation of your insurance purchase, [email Deb](#) and she will send it to you.

- Those that were sent insurance quotes but decided not to purchase the quote offered will receive a sign-off through the portal to indicate you were provided with a quote and are choosing to decline.

Care Package notes:

- Pre-trip health questionnaire. MUST be completed and returned to me on your arrival day into Oslo!
- Flight companion list. Already out of date. Only includes flights incoming to Oslo and outgoing from Bergen.
- Name tag – please wear out of respect to fellow group members and our guide anytime we are gathered as a group
- Pre-tour hotel vouchers
- Electric adapter. This is an outlet adapter, NOT a currency converter! Don't bring anything that is not dual voltage.

Packing and luggage:

- Checked luggage vs carry-on only. This trip I will be doing carry-on only and packing an extra bag. On the return flight, I can check my carry-on. There are currently significant luggage challenges with luggage arriving several days late or not arriving at all.
- Porterage for ONE bag only!! If you accumulate additional suitcases or luggage items, you are responsible for getting them to and from the bus and your hotel room.
- Only one large suitcase permitted per person due to luggage storage limitations on bus.
- Put your identification info inside your luggage in case your luggage tag is lost.
- Use [compression bags](#) or compression packing cubes to create extra room in your suitcase and bring extra compression bags to pack your purchases in to bring home!
- Masks. Plan for one per day plus a couple of extras if you are choosing to wear a mask. (Highly recommended!)
- Good walking/hiking shoes/boots. An extra pair in case one is wet.
- Don't overpack!! You'll probably wear the same clothes most every day. (This is considered VERY acceptable! 😊)

Group communications during tour:

- WhatsApp group. Use WhatsApp to text me at 715.220.9279. (Only use this number for texting!) Be sure and tell me your name when you message me through WhatsApp! I will add you to our Norway group.
- This is only for first-timers traveling with the Fiber Garden. For everyone else, I should already have your phone # and I will add you to the group. You only need to contact me if your cell # has changed since your last trip with me.
- You can use this to reach me if you have flight delays, etc. Also to send a message to our group or to individuals in our group.

Mobile Passport for entry into U.S. App has been updated and is now Mobile Passport Control. Icon MPE. U.S. Customs and Border Patrol app. This will expedite entry into the United States on our return for those who don't have Global Entry.

Miscellaneous:

- Join our [Facebook travel group](#)!
- Will be taking photos and doing a daily photo journal on Facebook. Let me know if you do not want your picture posted.

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See you in Oslo soon!