

General Information - Tromsø, Norway

Norway, is a country of northern Europe that occupies the western half of the Scandinavian peninsula. Nearly half of the inhabitants of the country live in the far south, in the region around Oslo, the capital. About two-thirds of Norway is mountainous, and off its much-indented coastline lie, carved by deep glacial fjords and some 50,000 islands.

Tromsø, is the largest city located within the Arctic Circle (2.25km²) in Northern Norway and has become popularly known as the Arctic's capital thanks to its size, rich history and diversity. The city has a historic centre and is filled with centuries old wooden houses.

Tromsø has achieved the certification, Sustainable Destination. This means that it has made a commitment to work systematically to reduce the negative effects of tourism, while strengthening its positive ripple effects.

It has a population of around 58,000 people of more than 100 different nationalities. It is also the home of The Arctic University of Norway. On the campus you will find a memorial for Mahatma Gandhi Bapu.

Things to do & visit in Tromsø:

- Arctic Cathedral: <https://www.ishavskatedralen.no/en/the-arctic-cathedral/>
- Polar Museum: <https://uit.no/tmu/polarmuseet>
- Cable Car up to Mount Storsteinen: <https://www.fjellheisen.no>
- Whale Watching
- Fjords Cruise

Norwegian Culture:

Norwegian culture is the bedrock of the Norwegian people's quality of life. The culture of Norway is closely linked to the country's history and geography. Although Norway is in most ways very modern, it has maintained many of its traditions. Storytelling and folklore, in which trolls play a prominent role, are still common.

On festive occasions folk costumes are worn and folk singing is performed—especially on Grunnlovsdagen (Constitution Day), commonly called Syttende Mai (May 17), the date of its celebration.

Love of Outdoors

The Norwegians love the outdoors; no surprise considering the stunning beauty of their homeland. The country's natural landscapes – its Arctic environment and vast coasts – have shaped Norway's customs and history, as outdoor activities are central to the life of most Norwegians. They particularly enjoy

cross-country skiing, and in the summer, you'll see enthusiasts switch to roller skis to maintain their fitness. As such, with a population of around five million outdoorsy types, it's understandable how Norway has developed its law of *allemannsretten* or "freedom of movement".

An ancient custom that was signed into law in 1957, *allemannsretten* permits those tramping through their great wilderness to essentially travel wherever they choose – even across private property. The law specifies that you may cross undeveloped private land without the consent of the owner. You can also camp there as well, provided that:

- your tent is pitched 150 meters from buildings;
- you're polite;
- it's for one night only.

Sami Culture

Today, the Sami are both citizens of Norway and separate people, with self-administration in Finnmark county and a parliament in their capital of Karasjok. The Sami are Europe's only indigenous people. Hardy survivors, they've herded reindeer within the Arctic Circle for thousands of years. In their culture, it's not surprising to find children as young as six helping to control the huge, free-roaming herds.

Traditional yoiks, however, are a flourishing part of modern Sami and Norwegian culture. As the new generation of Sami joikers continues to develop the style from its original mumbling form, its fusion with other modern forms of music—such as trance— is becoming more widespread.

With cultural tourism so important for the Sami, the modern form of the yoik is a high-profile calling card for their fascinating way of life.

The Arts

In Viking days storytellers (skalds) of skaldic poetry wove tales of giants, trolls, and warlike gods. Drawing on this tradition, centuries of Norwegian authors have created a rich literary history, in both spoken and written form.

The Language

In Norway, people speak Norwegian. Everybody also understands and speaks English. Some useful phrases:

Good Morning	<i>God morgen</i>
Good Evening	<i>God kveld</i>
Thank you	<i>Takk skal du ha (Takk)</i>
My name is	<i>Jeg heter</i>
Please	<i>Vær så snill</i>
How are you?	<i>Hvordan har du det?</i>
I'm sorry	<i>Beklager</i>
Goodbye	<i>Ha det</i>