



Hey everyone! Today, we're going to take a quick journey through Norway, our amazing country in Northern Europe.

Norway is part of Scandinavia, and we're known for our incredible landscapes, rich culture, and Viking history. Our capital city is Oslo, and around 5.5 million people live here. We speak Norwegian, and we're pretty proud of our history and natural beauty. Let's jump right into what makes Norway so special!



First off, Norway has some of the most beautiful geography in the world. Did you know we have one of the longest coastlines on the planet? Thanks to our thousands of fjords and islands, Norway's coastline stretches more than **58,000 kilometers**—that's huge!

Norway is also incredibly mountainous—around two-thirds of the country is covered by mountains. Our tallest peak, **Galdhøpiggen**, rises to 2,469 meters. And if you head way up to northern Norway, you'll reach **Nordkapp**, often thought of as the northernmost point of Europe.



17<sup>th</sup> of May is Norway's national day. Here in Norway, we usually celebrate it by going in a parade and eating very much ice cream and hot dogs.

In Norway we have something called "russ". They celebrate finishing 13 years of school. When celebrating they party all night, do challenges, drink some alcohol and have fun. At 17 of May they have cards called "russekort". On the cards there is a picture of them and some information of the person. They run with the parade and throw these cards, and other people can collect them. Some cards have different color and rarity, the red cards are the most common.



Now let's check out some unique things about Norway!

One of the most incredible natural phenomena we get to see is the **Northern Lights**. The best places to see them are in the northern part of Norway, like Tromsø or Alta, during the winter..

We also have **Hurtigruten**, a famous coastal ferry route that travels along our rugged coastline. It's one of the best ways for tourists to see Norway's incredible fjords and landscapes from the sea.

# Sports



Norway has many athletes. And some has remarked themselves within their sport and is seen as one of the best. Norway is the country with the most Olympic gold in the winter Olympics with 148 gold medals. That is 148 more than Iceland. Norway has athletes who is remarkable in cross country skiing, alpine and biathlon with athletes like Johannes Klæbo and Petter Northug.

But Norway also has two of the world`s best football players with Erling Haaland and Martin Ødegaard. We also have the world`s best woman´s team in handball and one of the best on the men side. But it is easy to forget that we also have one of the best golf player in the world with Viktor Hovland and one of the best tennis player in the world with Casper Ruud.

We also have Magnus Carlsen who is the world`s best chess player and some of the world`s best athletes in athletic. We have Karsten Warholm who is the world´s best hurdle racer, Jakob Ingebrigtsen who is one of the world`s best at 1500m and 3000m, and we have Markus Rooth who won Olympic gold in 2024 in decathlon.



"To wrap things up, Norway is a country filled with Sports, fascinating history, and amazing experiences like the **Northern Lights**.

Thanks so much for joining us on this quick trip through Norway! **Tusen takk**—which means 'thank you' in Norwegian.