ISSUE 78

NORWAY v CYMRU

Nations League Group Stage
Ullevaal Stadium, Oslo
November 14, 2026
Kick-off: 6pm (local time)



FSA
FOOTBALL SUPPORTERS' ASSOCIATION

CROESO WELCOME

Welcome to issue 78 of our information booklets and an interesting trip to Scandinavia. It is our first visit back to Oslo and the Ullevaal stadium since our 0-0 draw there back in May 2004. A crowd of 14,000 attended that night and Mark Hughes was our manager, we expect a much larger crowd this time around as we seek to win valuable points in the Nations league after a difficult start to the campaign. Playing four games with a depleted squad resulted in just three points but a memorable win against tonight's opponents and still hope of retaining League A status.

All fixtures will be completed by the end of this year, and this will be our last fan embassy service for 2026, come along and say hello, or get in touch if you need any assistance +44 7479 203205 and follow us on X @ WeAreFSACymru



THE FOOTBALL SUPPORTERS EUROPE

The FSE are an independent, non-profit association of supporters recognised as a representative body on fan issues by institutions including UEFA and the Council of Europe.

FSA Cymru have been members since its foundation in London July 2008. We have had a Welsh board member since 2017. The fan Embassies have their own division. It's free to join and we urge you to do so.

https://www.fanseurope.org/join-us/

The FSE do a survey after international matches you can complete it by following this link. We had many responses following the game in Lisbon and concerns will be sent directly to UEFA and we will get the replies to those concerns back to you.

https://www.surveymonkey.com/r/fse-afs-mnt-2627



FSA CYMRU MISSION STATEMENT

To help and support Welsh fans who travel to home and away games. Our role is to provide accurate and objective information, including a Risk Assessment: we convey what other agencies, such as police forces, government departments, and football authorities are recommending: we publish a comprehensive guide which is available online to all travelling supporters: we operate and publicise a 24 hour Hotline for fans in difficulties: we arrange a Football fan embassy operation, at venues abroad, where we can offer advice, guidance and support as necessary.

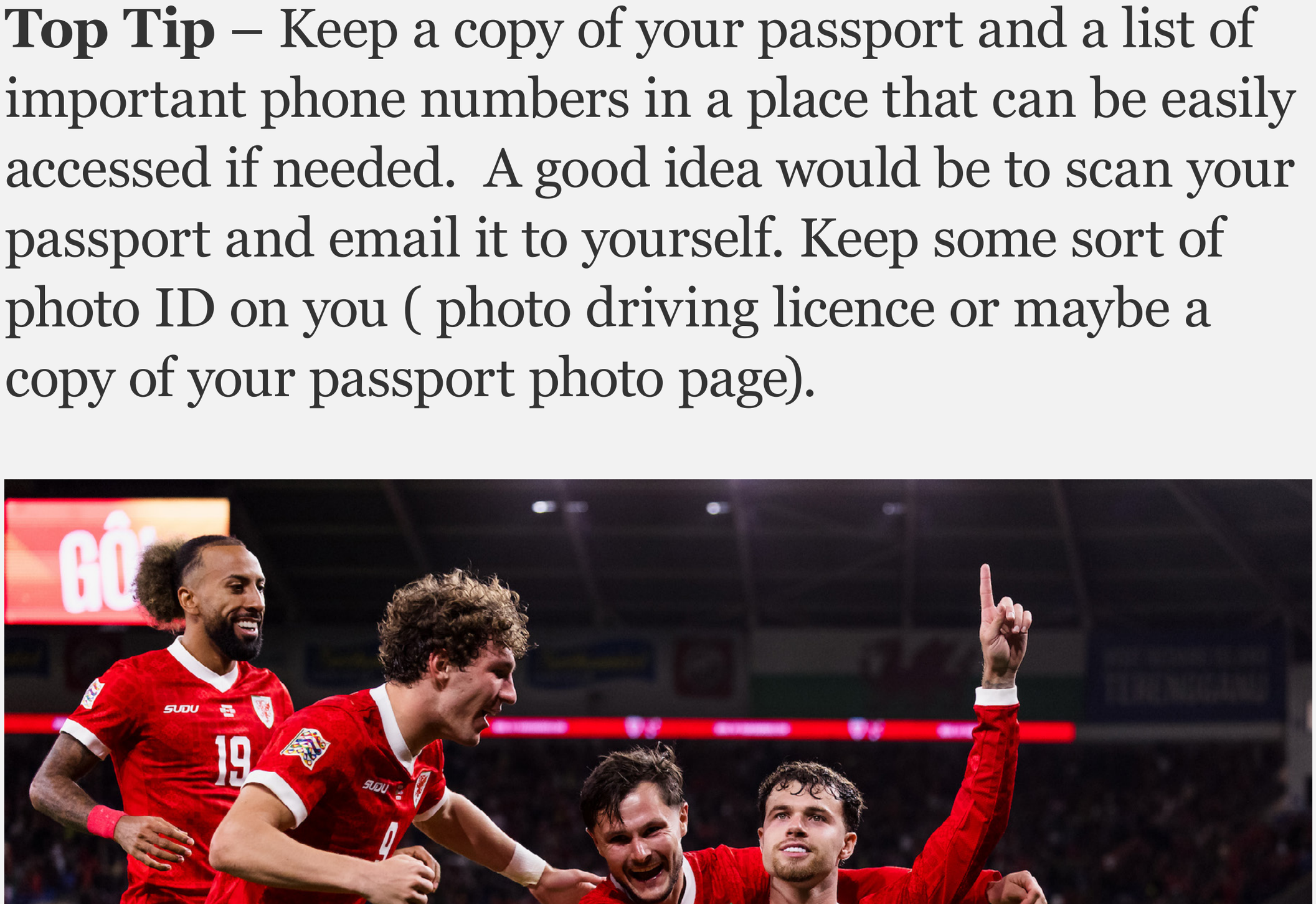
We do not tolerate discrimination of any individuals on any grounds including the following: ethnic origin, ability, religion and belief, gender, sexual orientation and age We reject violence, both verbal and physical We stand up for the empowerment of grassroots football supporters We want to promote a positive football and supporters' culture, including values such as fair play and good governance.

We work with the Football Association of Wales in all aspects affecting the fans, to ensure that the supporters voice is heard. A continuous, running dialogue is held with Mr Mark Evans, Head of International Affairs, and his staff.

FSA CYMRU MISSION STATEMENT

We take supporters complaints, views to the FAW for discussion and try to involve Welsh fans to participate in these meetings. One of our main objectives is to continue to promote positive interaction between supporters of rival clubs, especially when supporting the national team

Top Tip – Keep a copy of your passport and a list of important phone numbers in a place that can be easily accessed if needed. A good idea would be to scan your passport and email it to yourself. Keep some sort of photo ID on you (photo driving licence or maybe a copy of your passport photo page).



NORWAY

Norway is a spectacular Scandinavian country famous for its dramatic fjords, snow-covered mountains, colourful waterfronts and proud Viking heritage. Despite being one of Europe's largest countries by area, it has a population of only around 5.6 million, giving the country a relaxed and spacious feel.

Oslo, Norway's capital and largest city, is the country's political, cultural and sporting centre. It offers visiting football supporters an excellent combination of lively bars, welcoming pubs, restaurants and sightseeing attractions. Other major Norwegian cities include Bergen, Trondheim, Stavanger and the Arctic city of Tromsø.

Football is extremely popular in Norway, and the country has strong sporting connections with the United Kingdom. Many Norwegians closely follow British football, particularly the Premier League, so Welsh supporters can expect plenty of friendly football chat.



NORWAY

Norway is closely associated with the Viking Age, when its seafarers explored and settled across Europe and the North Atlantic. After centuries of union with Denmark and Sweden, Norway peacefully achieved full independence in 1905. The discovery of North Sea oil during the late 1960s later helped transform it into one of the world's wealthiest countries.

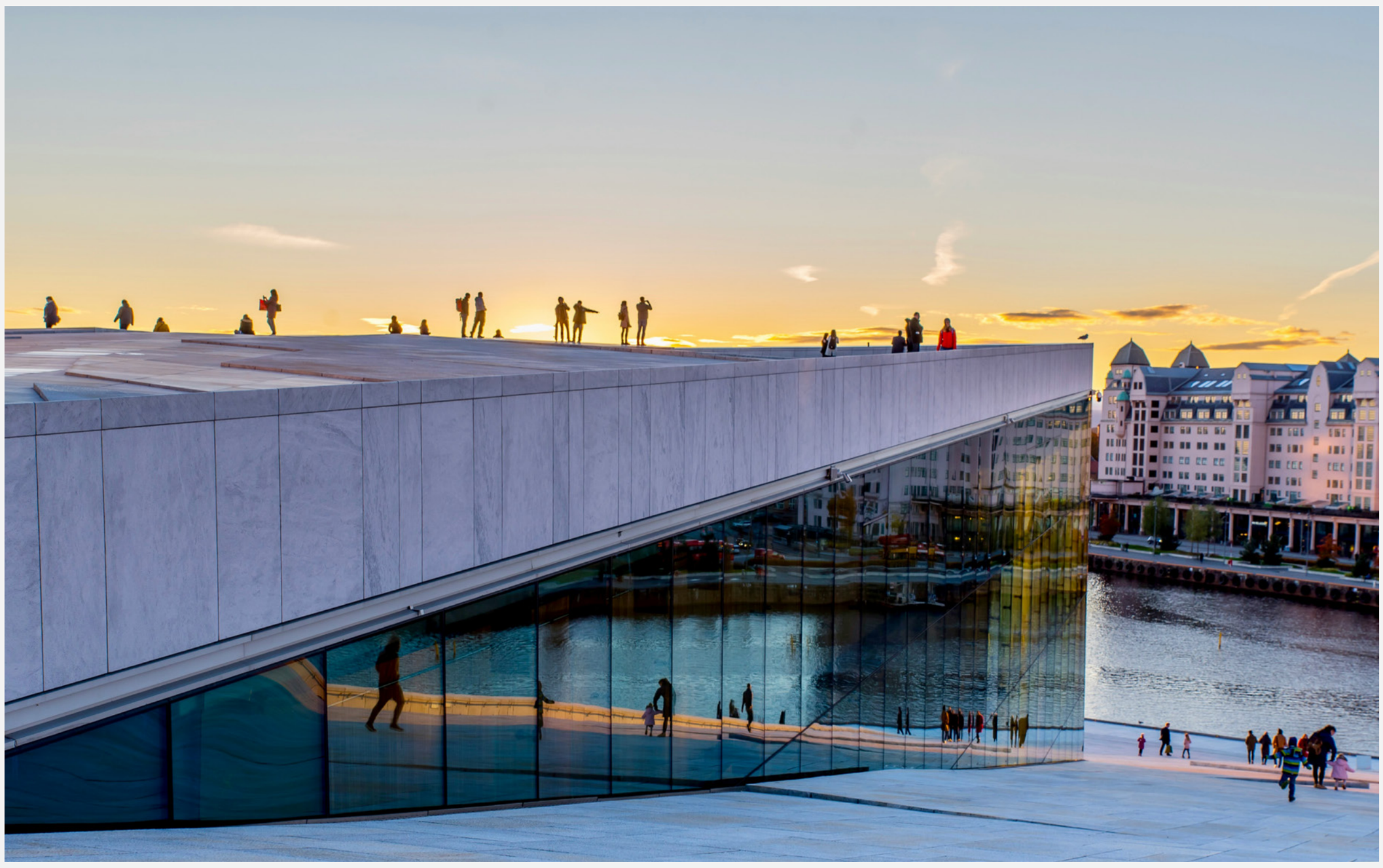
Norway can be expensive, particularly for alcohol, food and taxis, so supporters should plan their spending carefully. Oslo does, however, have an excellent public-transport system, making it easy to travel between the airport, city centre and football venues.

Away from the match, fans can enjoy Oslo's waterfront, museums, traditional food and welcoming "koselig" culture—the Norwegian idea of warmth, comfort and good company during the darker winter months. It should provide the perfect atmosphere for a memorable November football



OSLO AIRPORT

Oslo Airport, Gardermoen (OSL), is Norway's main international airport and is approximately 47 kilometres north of central Oslo. It is a modern, spacious airport with a good range of cafés, restaurants, bars, convenience stores and duty-free shopping. Other facilities include free Wi-Fi, cash machines, currency services, lounges, quiet rooms, car hire, accessible toilets and assistance for passengers with reduced mobility. Several hotels are located at or close to the terminal. Entry/Exit system (EES) has been live at Oslo Airport since 2025. First-time registration — passport scan, four fingerprints and a facial image — takes roughly 5 minutes per traveller. Self-service kiosks handle biometric enrolment — use them rather than the staffed-booth queue where you can. Returning travellers already enrolled clear in about a minute via facial-recognition gates. There can be delays at busy times.



OSLO AIRPORT TO OSLO

The railway station is directly beneath the terminal and is generally the quickest and easiest way to reach the city centre. Flytoget Airport Express Train operates frequently between the airport and Oslo Central Station—shown as Oslo S on signs and timetables. The fastest journey takes approximately 19 minutes, with trains normally departing every ten minutes during the main part of the day. Flytoget also serves several other Oslo stations, including Nationaltheatret, which may be more convenient for hotels near Karl Johans gate or the western side of the centre. It is fast and comfortable, although usually more expensive than an ordinary train. Vy regional trains also run between the airport and Oslo S, normally taking approximately 23 minutes. They are usually cheaper than Flytoget and are an excellent option, although they may be slightly less frequent and busier. Tickets can be purchased through the Vy app, from machines at the airport or at the station. Make sure you board the correct operator's train, as Flytoget and Vy use separate tickets.

OSLO AIRPORT TO OSLO

Airport coaches provide another option, particularly for accommodation that is not close to a railway station. Journey times are usually between 40 and 60 minutes but can be longer during busy traffic. Check the coach's stops carefully, as not every service goes directly to Oslo Central Station.

Taxis are available outside the arrivals hall. The journey into central Oslo normally takes around 40–50 minutes, depending on traffic, but it can be expensive. Ask for the total fixed price before accepting a journey or use the airport's taxi booking system. For most visitors, the train will be considerably quicker and cheaper.

Uber and Bolt operate in the Oslo area and may also offer airport journeys. Prices and availability are shown in their respective apps before booking. Fares can rise considerably when demand is high, particularly after delayed flights or disruption to the railway, so compare the app price with a conventional taxi's fixed fare. Always follow the instructions in the app to the designated collection point.

For the return journey, allow additional time during the November weather and check the Avinor, Flytoget or Vy app before leaving the city. Early-morning and late-night services may be less frequent.

TORP SANDEFJORD AIRPORT

If you're flying into TORP Sandefjord Airport (TRF) the main thing to know is that despite often being used as an airport for Oslo, TORP is around 120km south of the capital, so you'll need to factor in roughly 1½–2 hours to get into the city.

The airport itself is small and straightforward, so getting through arrivals and finding your onward transport should be easy. There are cafés, shops, duty-free, free Wi-Fi and charging facilities at the airport. For getting into Oslo, probably the simplest option is the TORP-Ekspressen airport coach, which leaves from outside the terminal and runs directly to Oslo Bus Terminal in the city centre, taking around 1½–2 hours depending on traffic.

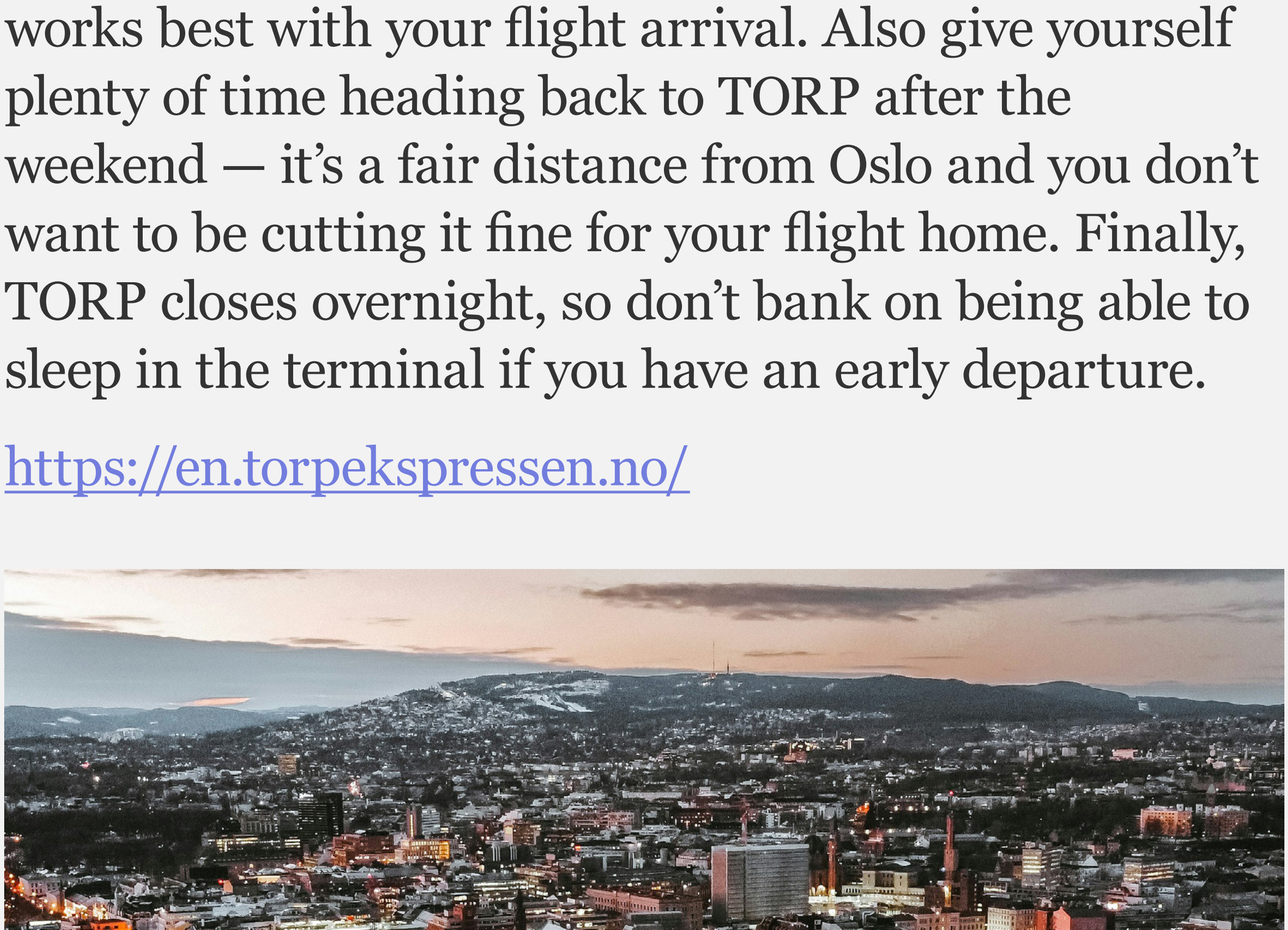
The other main option is the train. A shuttle bus runs from outside the terminal to Torp railway station, taking only around four minutes, and from there you can catch a Vy train to Oslo Central Station (Oslo S). Allow roughly 1 hour 45 minutes for the full journey into Oslo if connections line up well and be aware that the airport shuttle and train may need to be paid for separately.

TORP SANDEFJORD AIRPORT

Oslo S and Oslo Bus Terminal are right next to each other, so whichever option you take, you'll arrive right in the centre and within easy reach of most hotels, bars and public transport connections.

Our advice would be to check the coach and train times before you travel and simply take whichever works best with your flight arrival. Also give yourself plenty of time heading back to TORP after the weekend — it's a fair distance from Oslo and you don't want to be cutting it fine for your flight home. Finally, TORP closes overnight, so don't bank on being able to sleep in the terminal if you have an early departure.

https://en.torpekspressen.no/



GETTING AROUND OSLO

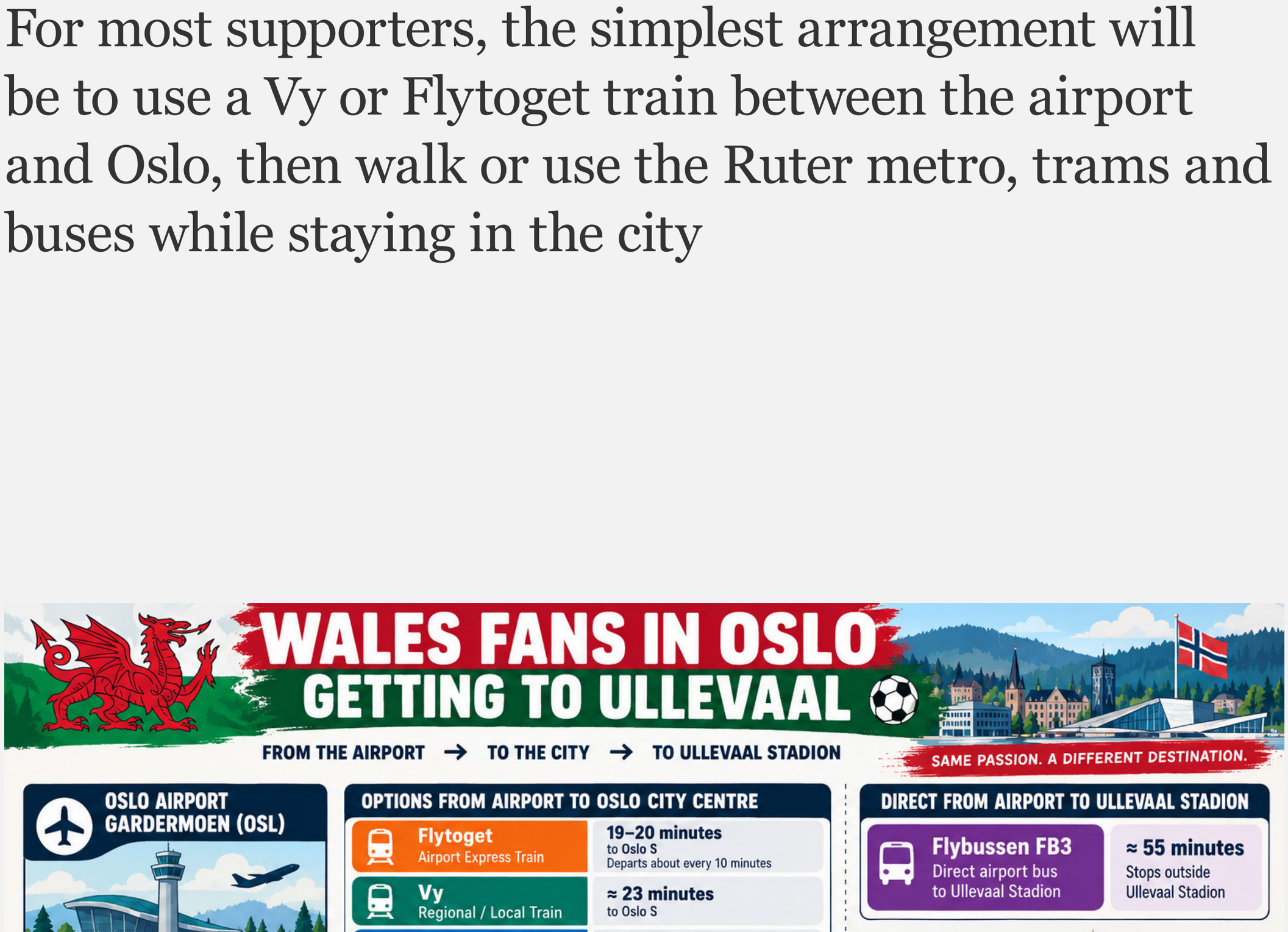
Central Oslo is compact, and many of its main attractions, restaurants and bars can be reached on foot. For longer journeys, the city has an excellent integrated public transport network operated by Ruter, covering: T-bane underground and metro trains, Trams, city and suburban buses, Local ferries. The easiest option is to download the Ruter app, which provides journey planning, live information and mobile tickets. Single tickets and 24-hour or multi-day passes are available. A valid Zone 1 ticket normally permits transfers between metro, tram, bus and eligible ferry services within central Oslo. Tickets should be purchased and activated before travelling, as ticket inspections are common.

The T-bane is usually the quickest way to travel beyond the immediate centre. It is particularly useful for Welsh supporters travelling to Ullevaal Stadium, which has its own station, Ullevaal stadion, served by metro lines 4 and 5. The journey from central Oslo generally takes around 10–15 minutes, followed by a short walk to the stadium. Services are likely to be busy before and after the match, so allow extra time.

GETTING AROUND OSLO

Trams are convenient for areas such as Grünerløkka, Majorstuen and the waterfront, while buses cover almost every part of the city. Taxis, Uber and Bolt are useful late at night or for groups sharing the fare, but Oslo prices can be high. Always check the estimated fare before confirming a ride.

For most supporters, the simplest arrangement will be to use a Vy or Flytoget train between the airport and Oslo, then walk or use the Ruter metro, trams and buses while staying in the city



OSLO

Oslo will provide Welsh supporters with an enjoyable mixture of football culture, Scandinavian hospitality, traditional Norwegian food and impressive sightseeing. Norway's capital is compact, clean and easy to explore, with most of its main attractions connected by an excellent network of Metro trains, trams and buses.

The centre of Oslo is easy to explore on foot. A good starting point is Karl Johans gate, the city's main street. It runs from Oslo Central Station towards the Royal Palace, passing shops, cafés, the Norwegian Parliament, the National Theatre and several of the city's most recognisable buildings.

At the top of Karl Johans gate, visitors can walk through the grounds of the Royal Palace. The surrounding park is free to enter and offers a pleasant break from the busier shopping streets.

Close to the harbour is Oslo City Hall, famous for hosting the annual Nobel Peace Prize ceremony. From there, supporters can continue towards Aker Brygge and Tjuvholmen for waterfront views, restaurants and bars.

Akershus Fortress is another important attraction. The medieval fortress overlooks Oslo Fjord and has played a significant role in the history and defence of the Norwegian capital. Parts of the grounds can usually be explored free of charge, and the elevated position provides excellent views of the harbour.

OSLO

The modern Oslo Opera House is one of the city's best-known landmarks. Its unusual sloping roof allows visitors to walk to the top for panoramic views across the waterfront. It is especially impressive around sunset, although surfaces may be slippery during icy weather.

Nearby, the MUNCH Museum contains an extensive collection of works by Norwegian artist Edvard Munch, including versions of his internationally famous painting The Scream. The museum's upper floors also offer impressive views of the city and fjord.

The National Museum brings together Norwegian and international art, architecture and design. It is an excellent indoor option if the November weather is particularly cold or wet.

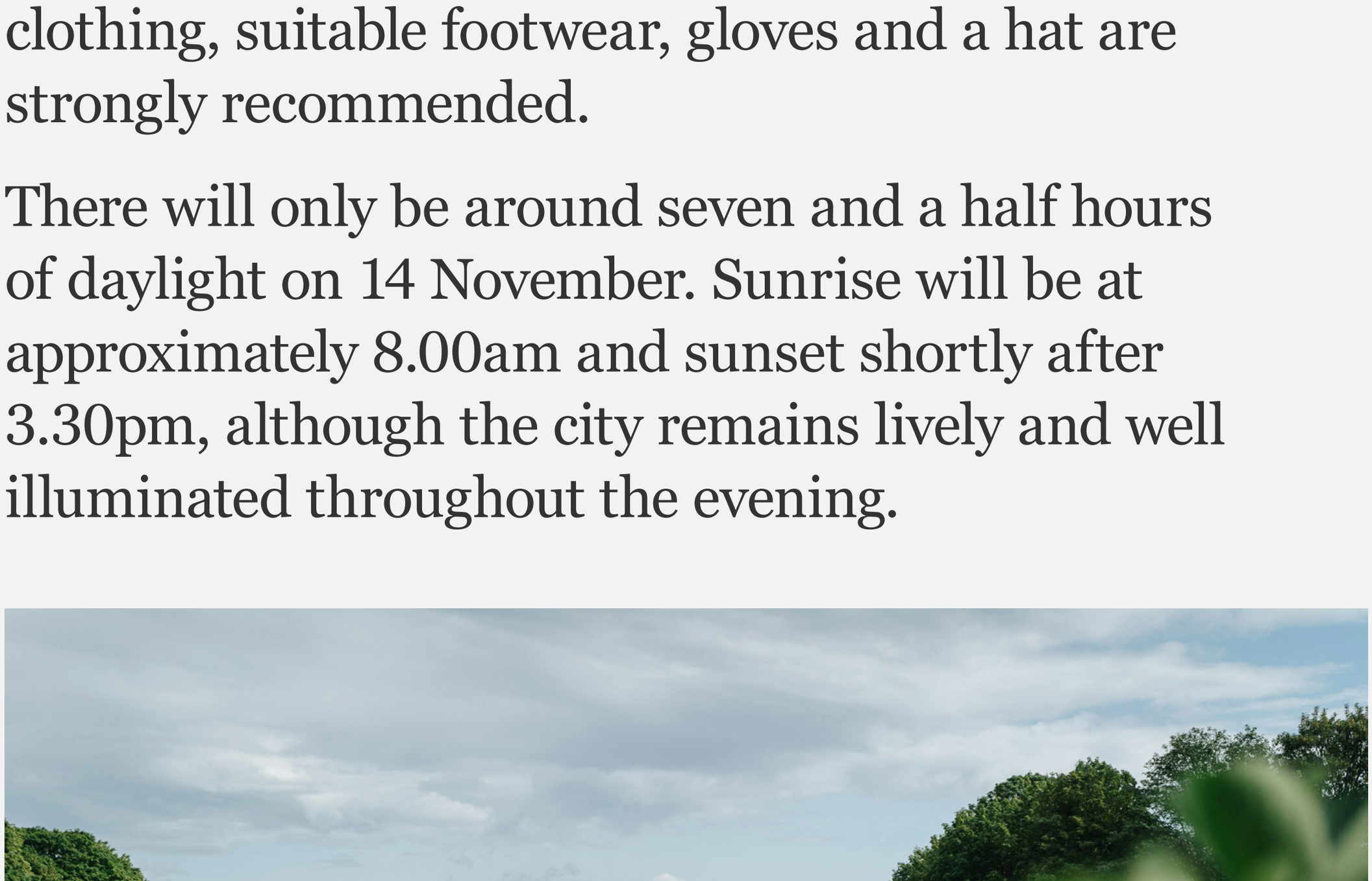


OSLO

A short tram or Metro journey from the centre leads to Vigeland Sculpture Park, part of the larger Frogner Park. It contains more than 200 sculptures by Gustav Vigeland and is one of Oslo's most distinctive attractions. Entry to the park is free.

November is the beginning of winter in Oslo. Supporters should expect cold conditions, with rain, frost or snow all possible. Temperatures are likely to be only a few degrees above freezing during the day and may fall below freezing at night, so warm waterproof clothing, suitable footwear, gloves and a hat are strongly recommended.

There will only be around seven and a half hours of daylight on 14 November. Sunrise will be at approximately 8.00am and sunset shortly after 3.30pm, although the city remains lively and well illuminated throughout the evening.



FOOTBALL PUBS AND BARS

Oslo has an excellent football culture, and there are several venues where Welsh supporters can enjoy live sport and meet Norwegian fans.

Bohemen Sports pub at Arbeidergata 2 is Oslo's most iconic football pub, famous as the passionate home-supporters' bar for Vålerenga. The walls are covered with scarves, photographs and football memorabilia, creating the atmosphere of a traditional supporters' pub. It is in the city centre, only a short walk from Karl Johans gate, the Norwegian Parliament and several central hotels. It is a particularly good choice for supporters who enjoy football history, conversation and a lively matchday atmosphere. The pub can become busy when major matches are being shown, so arriving early is advisable.

There are several other good options for watching football in Oslo. The Scotsman, on Karl Johans gate in the heart of the city centre, is a convenient choice for visitors and regularly shows live sport. At Grünerløkka, Sport 33 is a dedicated sports bar showing a wide range of football and other sporting events. Another option in the same part of the city is Nieu Grünerløkka, which combines comedy and entertainment with live sport.

FOOTBALL PUBS AND BARS

Carls, at Trondheimsveien 113 near Carl Berners plass, is one of Oslo's larger venues for major football occasions. It has big screens, food and plenty of space and is particularly suited to high-profile matches and larger events. However, it should not be relied upon as a general football bar showing a full range of fixtures. It is better considered an option for major games, including the Norway–Wales match.

For supporters looking to explore Oslo's nightlife more generally, areas with a good selection of bars include Youngstorget, Torggata, Grünerløkka and the streets around Karl Johans gate. Grünerløkka has a younger, more alternative atmosphere, with independent bars, cafés, restaurants and live-music venues. Aker Brygge also has several modern waterfront bars, although prices there can be higher

Supporters should remember that alcoholic drinks are expensive in Norway. A pint can cost considerably more than it would in Wales, particularly in central or waterfront venues. Most bars accept contactless cards, and carrying large amounts of Norwegian cash should not be necessary.

EATING AND DRINKING

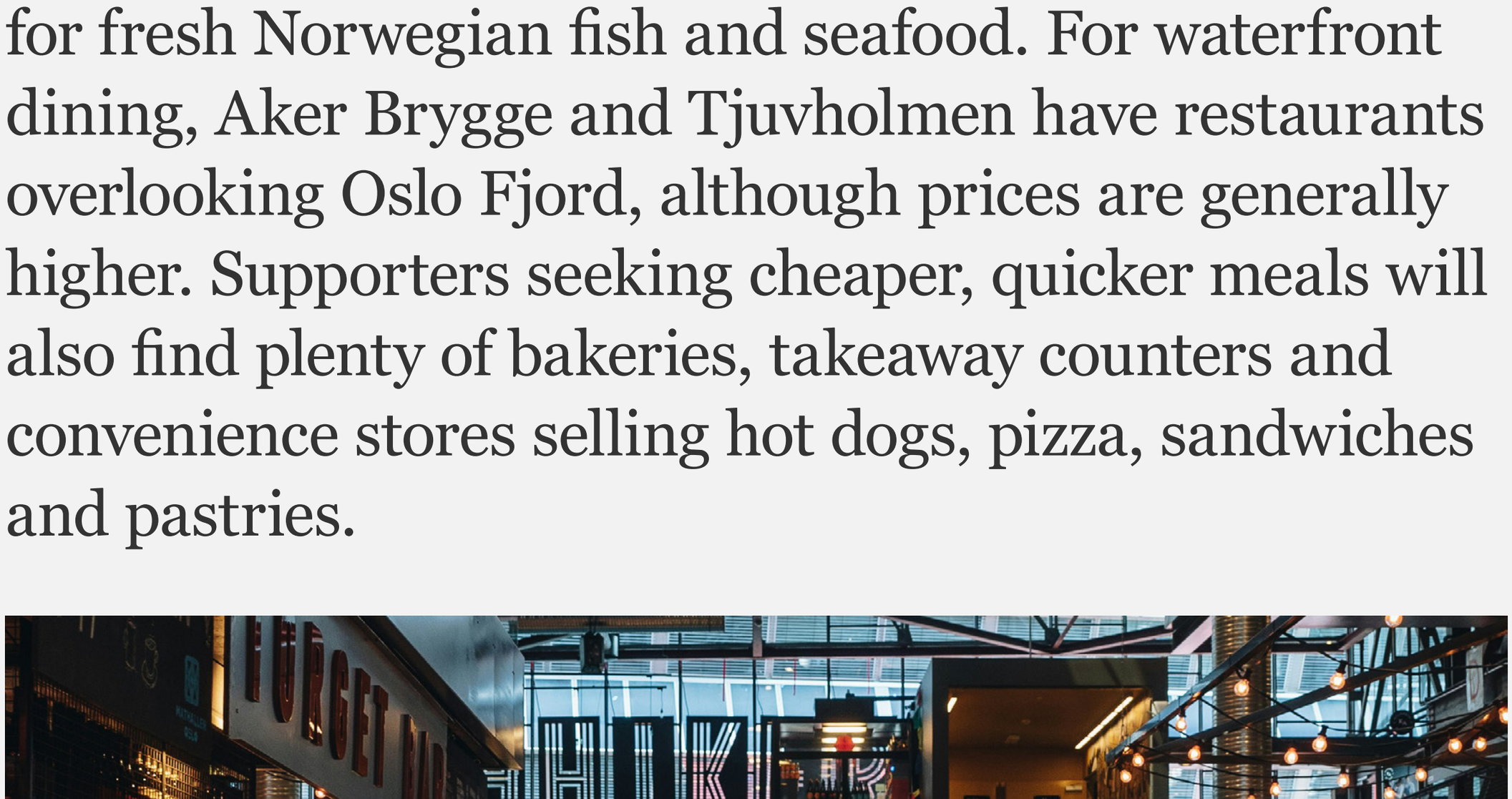
Norwegian cuisine traditionally features fresh fish, meat, potatoes, seasonal vegetables and dairy products. Oslo also has an excellent international food scene, so Welsh supporters will find everything from traditional Norwegian restaurants to burgers, pizzas, kebabs and street food. Fresh salmon is one of Norway's best-known foods and is served smoked, cured, grilled or baked, while Fiskesuppe is a rich and creamy fish soup that is ideal during Oslo's cold November weather.

Other traditional dishes include kjøttkaker, Norwegian meatballs served with potatoes, vegetables and gravy; reindeer, often prepared as a steak or stew; and lapskaus, a warming meat-and-vegetable stew. For a quick and relatively inexpensive snack, try a Pølse, Norway's popular hot dog. Those with a sweet tooth might enjoy Brunost, a distinctive brown cheese with a caramel-like flavour, Norwegian waffles served with jam, sour cream or brown cheese, or a Kanelboller, a Scandinavian cinnamon bun best enjoyed with strong Norwegian coffee.

EATING AND DRINKING

Oslo offers plenty of dining options for different tastes and budgets. Mathallen Oslo, beside the Akerselva River in the Vulkan district, has numerous food stalls, cafés and specialist shops, making it ideal for groups wanting different dishes. Centrally located Oslo Street Food serves a wide range of international food in a relaxed setting, with ample indoor seating for cold or wet November weather.

Fiskeriet, near Youngstorget, is a good casual choice for fresh Norwegian fish and seafood. For waterfront dining, Aker Brygge and Tjuvholmen have restaurants overlooking Oslo Fjord, although prices are generally higher. Supporters seeking cheaper, quicker meals will also find plenty of bakeries, takeaway counters and convenience stores selling hot dogs, pizza, sandwiches and pastries.



RED WALL PARTIES

Please continue your fantastic support for the fan parties, all monies raised always go to great causes. Huge thanks to all those who attended in Lisbon and Copenhagen where the parties generated 500 Euros donated to the Portuguese charity ACCA Kids, 500 Euros donated to Danish charity Junk Food Denmark and £250 donated to Ukrainian charity TCID. Another great cause will benefit in Oslo.



GÔL CYMRU

In Lisbon, Gôl Cymru visited Associação Nacional de Futebol de Rua (ANFR), which uses sport to promote social inclusion and create opportunities for children, young people and at-risk communities. Before the big match, Gôl donated €1,000 to support its work.

ANFR's Vanda Ramalho said: "This visit demonstrates how sport transcends the white lines of the pitch, building lasting bridges of solidarity between different countries and cultures, united by a belief in the transformative power of sport."

Four days later in Copenhagen, Gôl returned to Kvindehjemmet, Denmark's largest shelter for women and children affected by domestic abuse. Having previously visited when Wales last played in Denmark, Gôl provided raincoats, trousers and shoes for the children and teenagers staying there.



FCDO INFORMATION

Passport validity requirements

Norway is not a member of the EU (European Union) but follows Schengen area rules. Your passport must:

- have a ‘date of issue’ less than 10 years before the date you arrive – if you renewed your passport before 1 October 2018, it might have a date of issue that is more than 10 years ago, making it invalid for entry to the Schengen area
- have an ‘expiry date’ at least 3 months after the day you plan to leave the Schengen area (the expiry date does not need to be within 10 years of the date of issue)

You will be denied entry if you do not have a valid travel document or try to use a passport that has been reported lost or stolen.

At Norwegian border control, you may also need to:

show proof of your accommodation, for example, a hotel booking confirmation or proof of address for a second home, show proof of your travel insurance, show a return or onward ticket, prove that you have enough money for your stay – the amount varies depending on your accommodation.

The European Union’s (EU) new Entry/Exit System (EES) is now being implemented across the Schengen area.

This means that when you travel into the Schengen

FCDO INFORMATION

area for short stays, you may need to register your biometric details, such as fingerprints and a photo. There is no cost for EES registration.

On your first visit into a Schengen country, you may be asked to register your details at a special booth before proceeding to the immigration desk. Follow directions from your travel operator or the staff at your port of entry. You may also need to provide either your fingerprint or photo when you leave the Schengen area. Children aged 11 or younger will not have their fingerprints scanned but can be required to have their photo taken.

You do not need to take any action before you arrive at the border on entry to the Schengen area, but EES may take each passenger extra time to complete so be prepared to wait longer than usual at the border and to allow more time for immigration controls when you depart the Schengen area. If you are departing the Schengen area by plane, allow extra time to reach your departure gate as EES checks may take place before boarding.

EES is replacing the previous system of manually stamping passports when visitors arrive in the Schengen area for short stays. You may be asked to input biometric details every time you enter or exit.

https://travel-europe.europa.eu/ees/what-is-the-ees

FCDO INFORMATION

Prescription medication

When travelling with legally prescribed medication, you can generally bring medicines for personal use, usually up to a 30-day supply, providing that they are prescribed to you. Medicines should be kept in their original packaging with the pharmacy label showing your name. For some controlled drugs (such as strong painkillers, sedatives, or ADHD medications), additional restrictions apply and you may need a medical certificate or special authorisation. Romanian customs can confiscate medicines if documentation is missing or quantities look excessive.

Tips

Carry a doctor's letter or prescription copy stating your name, the medicine's generic name, dosage, and medical need. Check in advance whether your medicine contains substances that are controlled in Norway. Keep all medication in your hand luggage to avoid loss and delay



FCDO INFORMATION

Safety & Security

https://www.gov.uk/foreign-travel-advice/norway

There is a high threat of terrorist attack globally affecting UK interests and British nationals, including from groups and individuals who view the UK and British nationals as targets. Always stay aware of your surroundings

There's a small risk of petty theft, particularly at airports and railway stations in and around Oslo.

Illegal drugs

Illegal drugs, including cannabis, carry severe penalties. You should expect a long jail sentence and heavy fines for possessing, using or smuggling illegal drugs, including when transiting through the airport. Airports in Norway have excellent technology and security for detecting illegal items. This is also used to scan the baggage of transiting passengers

Emergency medical number -Dial 113 and ask for an ambulance. Contact your insurance or medical assistance company quickly if you're referred to a medical facility for treatment. If you're a UK national, you can use your UK passport to get free state-provided medical treatment in hospitals. Some doctors may charge for their services elsewhere. Access to free healthcare is not an alternative to travel insurance. Fire 110 and Police 112

LOST OR STOLEN PASSPORTS

If your passport is lost or stolen, you must immediately secure a replacement travel document and safeguard your identity. Start by reporting the loss to the local police at the nearest police station; request a written police report, as this is necessary for filing an insurance claim and applying for an emergency travel document (ETD)

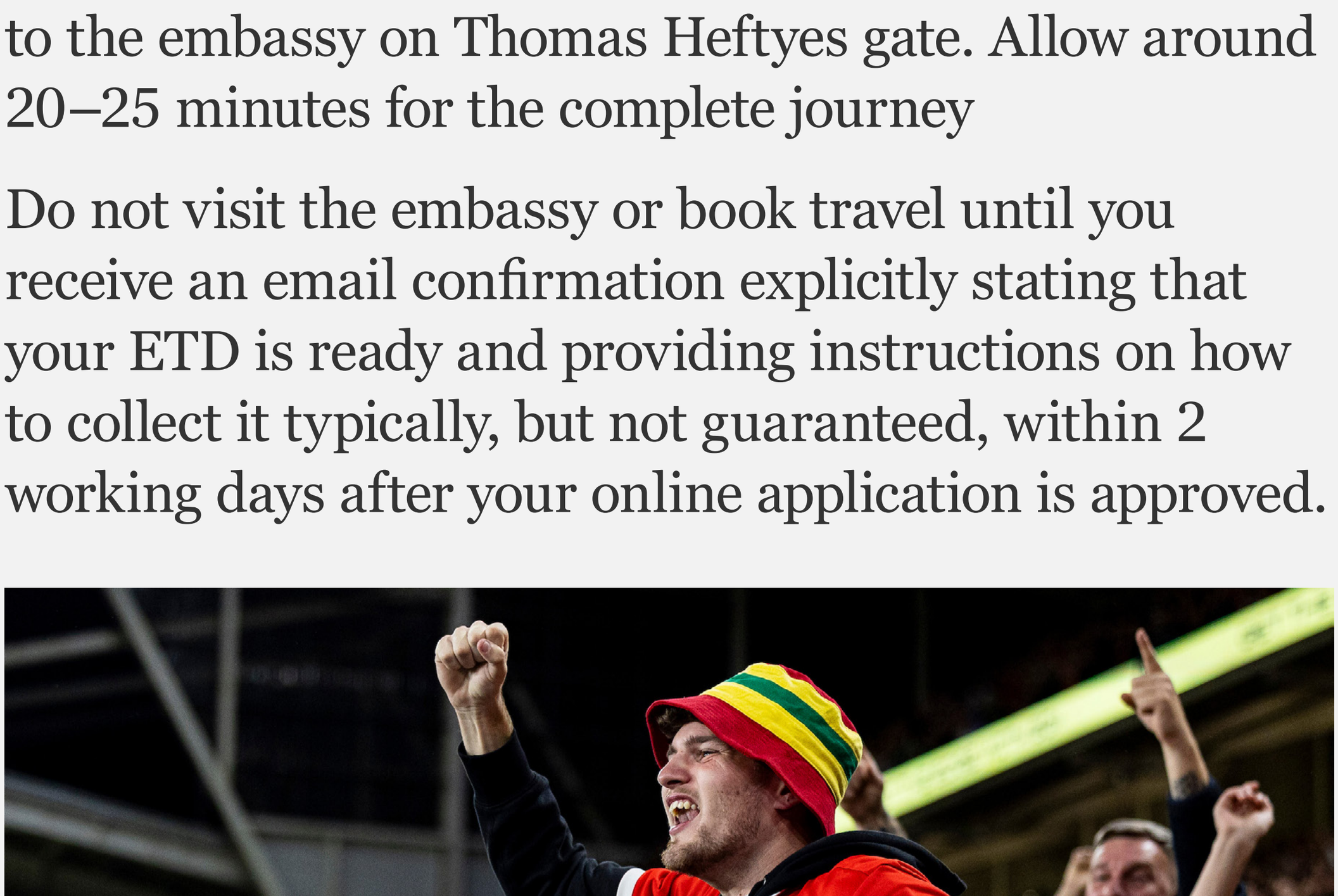
An emergency travel document lets you travel from abroad if you need to travel urgently and cannot use your UK passport. It is usually only valid for one single or return journey.

You can travel through a maximum of 5 countries. You can apply for an emergency travel document if all the following apply you're a British National, you're outside the UK you need to travel within 6 weeks, your UK passport has been lost, stolen, damaged, is full, has recently expired or is with HM Passport Office or a foreign embassy you cannot renew or replace your UK passport from abroad before you travel you have had a valid UK passport that was issued on or after 1 January 2006

LOST OR STOLEN PASSPORTS

You can collect your Emergency Travel Document (ETD) after completing your application online From the British Embassy located in Thomas Heftyes gate, in the Frogner district. From Jernbanetorget, directly outside Oslo Central Station: Take bus 30 towards Bygdøy/Huk or bus 31 towards Fornebu/Snarøya. Get off at Frogner Kirke. Walk approximately five minutes to the embassy on Thomas Heftyes gate. Allow around 20–25 minutes for the complete journey

Do not visit the embassy or book travel until you receive an email confirmation explicitly stating that your ETD is ready and providing instructions on how to collect it typically, but not guaranteed, within 2 working days after your online application is approved.



LOST OR STOLEN PASSPORTS

Apply online on Emergency travel document

You can only apply online if you have had a passport that was issued on or after 1 January 2006.

The application costs £125. You cannot get a refund.

To apply for your emergency travel document online, you will need:

a valid digital passport photo that meets the guidelines and has not been used in a previous passport

a contact telephone number, an email address and a debit or credit card for the fee

A relative or friend can pay for you if you're not able to make a payment using the online service (for example, because you've lost your wallet).

https://www.apply-emergency-travel-document.service.gov.uk/

ULLEVAAL STADIUM

Ullevaal Stadion is Norway's national stadium and the regular home of the Norwegian national team. Located around five kilometres north of central Oslo, it is a compact, all-seater ground holding approximately 27,000 supporters. The stands are close to the pitch, helping to create an excellent atmosphere for international matches.

The easiest way to reach the stadium is by Metro. Lines 4 and 5 run from central Oslo to Ullevaal stadion station. The journey from Stortinget takes around ten minutes. Trains will be busy before and after the match, so supporters are advised to travel early and allow extra time for security and ticket checks. Metro "Stadium" is a few minutes' walk to gate 16 at the away end and the metro will operate until around midnight, so plenty of time to get back into town.

The stadium has covered seating, refreshment kiosks and toilets, although the concourse behind the Welsh section is quite narrow. Shops, cafés and places to eat can be found around the stadium complex, but these are likely to be busy on matchday. Food and drink inside the ground may also feel expensive compared with typical UK prices.

ULLEVAAL STADIUM

Wales have been allocated approximately 1,300 tickets in East Stand Blocks 110–112. A small segregation area will separate Welsh supporters from Norwegian fans occupying the same stand. A smaller number of Category One tickets are in South Stand Blocks 115 and 116. Supporters should expect searches and possible restrictions on bags, flags and other items.

Ullevaal opened in 1926 and has staged Norway internationals since 1927. It is also the traditional venue for the Norwegian Cup Final. Oslo clubs FK Lyn and Vålerenga previously played their home matches here, but neither currently uses it as a permanent home ground. The stadium has also staged major women's international finals and occasional concerts and other large events. Its record crowd was 35,495 for Norway against Sweden in 1935.



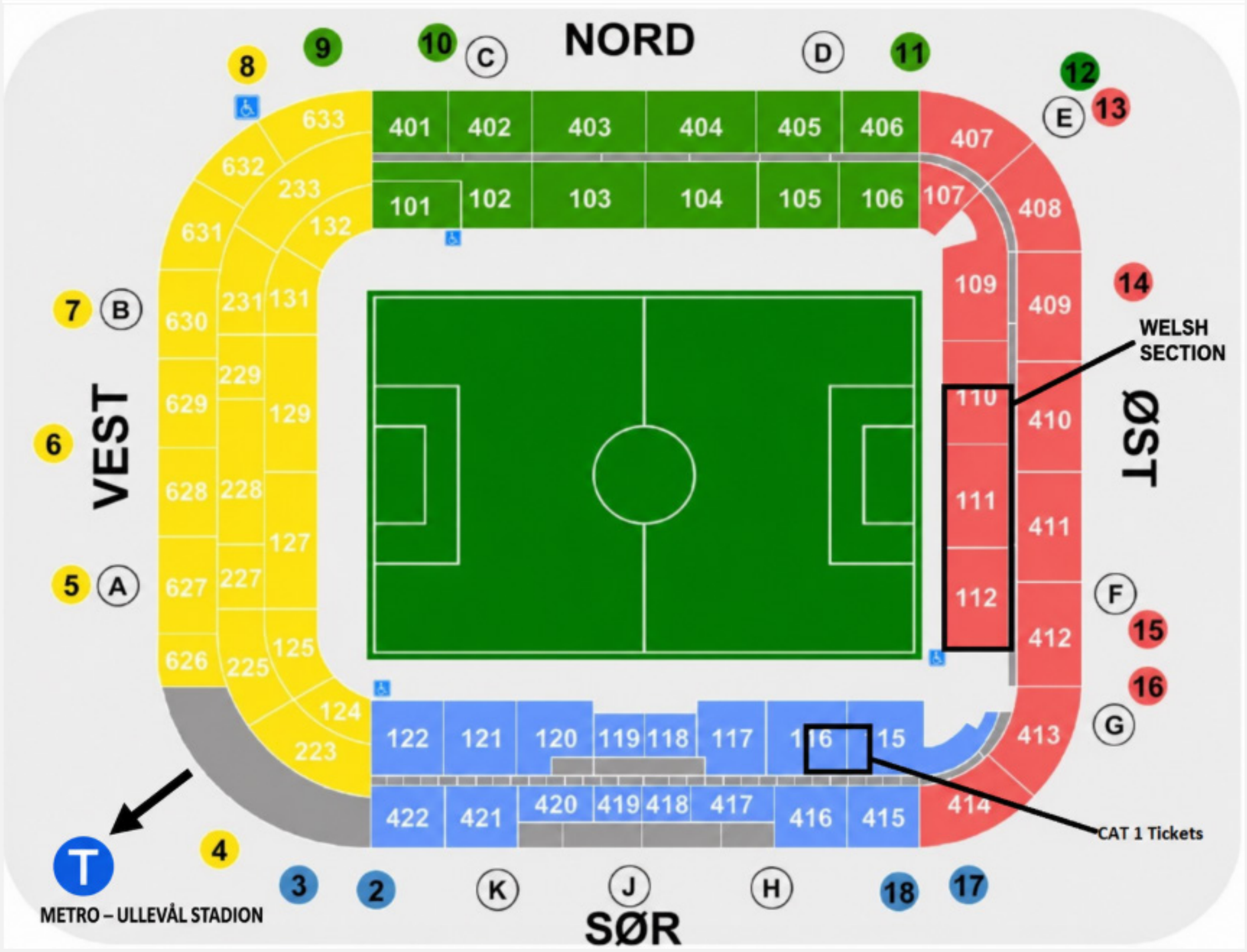
ULLEVAAL STADIUM

Accessibility

The Welsh seating in both categories is in the lower tier. However, there is no standard step-free route into these sections. The Norwegian FA has indicated that it may be possible for some supporters with mobility difficulties to enter through the wheelchair-bay ramp at the front of the block. Stewards will assist on the night, but anyone requiring accessible entry should make arrangements with the FAW in advance wherever possible.



ULLEVAAL STADIUM



FAW TICKET COLLECTION

A full ticket collection will be in place for this match. Ticket collections will take place from Radisson Red Oslo City Centre during the below times.

Friday 13th November: Midday – 4pm

Saturday 14th November: 10:30am – 3pm

A voucher exchange will be used for this match. Each ticketholder will have a voucher – these will be delivered to the lead booker through the Cymru Tickets app. It is recommended that the lead booker transfers these vouchers to each ticketholder. Alternatively, if collecting at the same time, these vouchers can remain on one device. All supporters allocated a ticket will be required to collect. Lead bookers will not be able to collect on behalf of those they have purchased for. When collecting, ticketholders will be required to show their voucher along with photo ID.

FINAL THOUGHTS

Norway uses the Norwegian krone, not the euro. Card and contactless payments are accepted almost everywhere, including in most bars, restaurants, shops and taxis.

Expect proper late-autumn weather. Mid-November is dark, chilly and potentially wet, icy or snowy rather than reliably picturesque winter. Daylight is short, so use the middle of the day for outdoor wandering and save museums, restaurants, saunas and bars for later. Waterproof shoes, layers, gloves and something windproof matter more than a huge winter coat.

Oslo is particularly good for a short trip because you don't need to race around. The centre, harbour and waterfront are easy to combine on foot, while public transport makes the more distant sights straightforward.

English is widely spoken, and visiting supporters should have few communication difficulties. Oslo is generally considered a safe city, but the usual precautions should be taken around busy bars, transport stations and crowded areas. Keep valuables secure, travel with friends late at night and use licensed taxis or recognised transport services.

NORWEGIAN PHRASES

Norwegian words worth knowing, it's always good to give them a go during the trip.

ENGLISH	NORWEGIAN
Hi	Hei (HAY)
Thankyou	Takk (TAHK)
Good morning	God morgen (Goo Morgen)
Thanks very much / literally "a thousand thanks"	Tusen takk (TOO-sen tahk)
Please	Vær så snill (vair soh snill)
Excuse me / sorry	Unnskyld (OON-shuul)
Yes/no	Ja / Nei (YAH/NIGH)
bye	Ha det (hah deh)
Cheers	Skål (skohl)
A coffee, please	En kaffe, takk (en KAH-feh, tahk)
A beer, please	En øl, takk (en uhl, tahk)

NORWEGIAN PHRASES

ENGLISH	NORWEGIAN
Can I have ...?	Kan jeg få...? (kahn yai foh...?)
Where is...?	Hvor er ...? (voor air...?)
Do you speak English?	Snakker du engelsk? (Snakker du engelsk?)
The bill, please	Regningen, takk (RYE-ning-en, tahk)
How much does it cost?	Hvor mye koster det? (Voor MEE-eh KOS-ter deh?)
Two tickets, please	To billetter, takk (too bee-LET-ter, tahk)
Which metro should I take to the stadium?	Hvilken T-bane skal jeg ta til stadion? (VIL-ken TEH-bah-neh skahl yai tah til STAH-dee-on?)







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