Today we’re going to talk about Norway. Here we are in Bellevue, WA. And Norway is half way around the globe in the far north of Europe. This long thin country in red is Norway.

Norway is the second least densely populated country in Europe. Norway shares borders with Sweden, Finland, and Russia.

The standard of living in Norway is among the highest in the world. It is a mixed economy: a prosperous capitalist welfare state featuring a combination of free market activity and large state ownership in key sectors.

Extensive reserves of petroleum, natural gas, minerals, lumber, seafood, fresh water and hydropower.

Universal health-care, subsidized higher education and a comprehensive social security system.

Norway is the world’s second largest oil exporter, behind Saudi Arabia. But they pay one of the highest prices in the world for gasoline as of March 2011 was $9.28

The capital of Norway is Oslo.

The name Norway comes from a Viking word meaning “Northern Way.”

Norway is a constitutional monarchy, which means it has a monarch (a king or queen) and elected government.

As you noticed on the map, Norway is a long and thin country. At is widest point it is 200 miles across. The distance between Bellevue and Spokane is 275 miles. The narrowest point in Norway is just 40 miles--about the distance from Bellevue to Tacoma.

Norway is quite mountainous. And only about 3% of the land is arable (suitable for farming). 75% of Norwegians live along the coast and in cities. Most Norwegians live within 10 miles of the sea.

Norway is know for its fjords. A fjord is a deep groove cut into the land that has been flooded by the sea. The result is a long narrow inlet with steep sides and cliffs. The Norwegian fjords are one of the world’s top tourist attractions. Washington state has a fjord. Do you know what it is? Hood Canal.

The Nobel Prize/ Nobel Peace Prize

are annual international awards bestowed by Scandinavian committees in recognition of cultural and scientific advances. The will of the Swedish chemist [Alfred Nobel](http://en.wikipedia.org/wiki/Alfred_Nobel), the inventor of [dynamite](http://en.wikipedia.org/wiki/Dynamite), established the prizes in 1895. The prizes in [Physics](http://en.wikipedia.org/wiki/Nobel_Prize_in_Physics), [Chemistry](http://en.wikipedia.org/wiki/Nobel_Prize_in_Chemistry), [Physiology or Medicine](http://en.wikipedia.org/wiki/Nobel_Prize_in_Physiology_or_Medicine), [Literature](http://en.wikipedia.org/wiki/Nobel_Prize_in_Literature), and [Peace](http://en.wikipedia.org/wiki/Nobel_Peace_Prize) were first awarded in 1901.

Norway is known as the Land of the mid-night sun. Because of its high latitude, there are large seasonal variations in daylight. From late-May to late-July, the sun never descends below the horizon in areas north of the arctic circle.

Define: arctic circle > is one of the five major circles of latitudes that mark maps of the earth (the latitude that goes around the center of the map is? Equator). In other more southerly parts of the country they experience up to 20 hours of daylight per day in the late spring/early summer. Conversely, from late-November to late-January, the sun never rises above the horizon in the north and the daylight hours are very short in the rest of the country.

This map shows you the arctic circle, the Svalbard Islands and you can see the rugged coastline of Norway with lots of island.

The climate of Norway is much more temperate than expected for such high latitudes; this is mainly due to the North Atlantic Current and what is known as the Norwegian current raising the air temperature. The January average in [Brønnøysund](http://en.wikipedia.org/wiki/Br%C3%B8nn%C3%B8ysund) [[4]](http://en.wikipedia.org/wiki/Geography_of_Norway#cite_note-3) is almost 15 °C (27.0 °F) warmer than the January average in [Nome, Alaska](http://en.wikipedia.org/wiki/Nome%2C_Alaska),[[5]](http://en.wikipedia.org/wiki/Geography_of_Norway#cite_note-4) even if both towns are situated on the west coast of the continents at 65°N.

Normal monthly averages range from −17.1 °C (1 °F) in January in Karasjok 129 m (423 ft) [amsl](http://en.wikipedia.org/wiki/Amsl).[[9]](http://en.wikipedia.org/wiki/Geography_of_Norway#cite_note-8) to 17.3 °C (63.1 °F) in July in Oslo .

Here is a neat time-lapse photo of the mid-night sun. The first image was shot at 8:00pm and the last was shot at 8:00am the next morning. You can see how the sun never dips below the horizon.

During the winter months you have the Aurora Borealis. The aurora is called the Northern lights. They are caused by energy particles from the sun colliding with the Earth’s magnetic field. The kind of atom determines the color of the aurora.

Compared to people in the rest of the world, Norwegians are well-to-do and live comfortably.

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Define: Fjord: deep grooves cut into the land flooded by the sea following the end of the Ice Age—the result is a long narrow inlet with steep sides or cliffsThe Norwegian fjords are one of the world’s top tourist attractions.

The **Sognefjord** (or *Sognefjorden*) is the [largest](http://en.wikipedia.org/wiki/List_of_Norwegian_fjords) [fjord](http://en.wikipedia.org/wiki/Fjord) in [Norway](http://en.wikipedia.org/wiki/Norway), and the second longest in the world. Located in [Sogn og Fjordane](http://en.wikipedia.org/wiki/Sogn_og_Fjordane) county, it stretches 205 kilometres (127 mi) inland to the small village of [Skjolden](http://en.wikipedia.org/wiki/Skjolden). The fjord takes its name from the [traditional district](http://en.wikipedia.org/wiki/Districts_of_Norway) of [Sogn](http://en.wikipedia.org/wiki/Sogn).[[1]](http://en.wikipedia.org/wiki/Sognefjord#cite_note-0)

The fjord reaches a maximum depth of 1,308 metres (4,291 ft) below sea level, and the greatest depths are found in the inland parts of the fjord. Near its mouth, the bottom rises abruptly to a [sill](http://en.wikipedia.org/wiki/Sill_%28geology%29) about 100 metres (330 ft) below sea level. The average width of the main branch of the Sognefjord is about 4.5 kilometres (2.8 mi). Cliffs surrounding the fjord rise almost sheer from the water to heights of 1,000 metres (3,300 ft) and more.

Stave Churches:

A **stave church** is a [medieval](http://en.wikipedia.org/wiki/Middle_Ages) wooden [church](http://en.wikipedia.org/wiki/Church_%28building%29) with a [post and beam](http://en.wikipedia.org/wiki/Post_and_lintel) construction related to [timber framing](http://en.wikipedia.org/wiki/Timber_framing). The wall frames are filled with vertical planks. The load-bearing posts (*stafr* in [Old Norse](http://en.wikipedia.org/wiki/Old_Norse), *stav* in [Norwegian](http://en.wikipedia.org/wiki/Norwegian_language)) have lent their name to the building technique. Its walls are formed by vertical wooden boards, or staves, hence the name stave church.

All of the surviving stave churches except one are in [Norway](http://en.wikipedia.org/wiki/Norway), but related church types were once common all over northwestern Europe. At one time it is thought that there were more than 2000 of these types of churches in Norway.

It provides a link between [Christian](http://en.wikipedia.org/wiki/Christian) architecture and the architecture and art forms of the [Viking Age](http://en.wikipedia.org/wiki/Viking_Age) with typical animal-ornamentation, the "[Urnes style](http://en.wikipedia.org/wiki/Urnes_style)" of animal-art.

Animals of Norway:

The largest oceanic creature in Norway is the Sperm Whale. The largest land creature is the polar bear. Brown bears are also fairly common. Additionally, you might see arctic fox, elk, lynx, hares, and reindeer!

The population is predominantly of Nordic (Scandinavian) descent. A small minority (about 60,000) of native Sami (pronounced “SAW-me”) live mostly in the north. Also called Laplanders, their ancestors were the original inhabitants of northern Norway.

The Sami people have lived in Norway much longer than the Norwegians. They are recognized as Norway’s original population.

The Sami are sometimes referred to as Lapps, but prefer to be called Samis. Their culture has been developing in northern Scandinavia since the arrival of the first people 11,000 years ago.

Like other aboriginal peoples, the Sami lived at one with nature. The Sami wore colourful jackets and lived in tents and turf huts while they followed the reindeer.

For a long time the Sami were an oppressed people and their culture was in danger of dying out. Today the Sami stand stronger than most other aboriginal people in the world. They have their independence day, and their own flag and parliament. This is relatively new: 1990

Today, in Norway, reindeer husbandry is legally protected as an exclusive Sami livelihood, such that only persons of Sami descent with a linkage to a reindeer herding family can own, and hence make a living off, reindeer. Presently, about 2,800 people are engaged in reindeer herding in Norway.

Petroglyphs and archeological findings such as settlements dating from about 10,000 B.C. can be found in the traditional lands of the Sami. The now obsolete term for the archaeological culture of these hunters and gatherers of the late Paleolithic and early Mesolithic is Komsa. A cultural continuity between these stone age people and the Sami can be assumed due to evidence such as the similarities in the decoration patterns of archeological bone objects and Sami decoration patterns, and there is no archeological evidence of this population being replaced by another.

The **Rock carvings at Alta** (*Helleristningene i Alta*) are part of an [archaeological](http://en.wikipedia.org/wiki/Archaeology) site near the town of [Alta](http://en.wikipedia.org/wiki/Alta%2C_Norway) in the county of [Finnmark](http://en.wikipedia.org/wiki/Finnmark) in northern [Norway](http://en.wikipedia.org/wiki/Norway). Since the first carvings - or more correctly, the [petroglyphs](http://en.wikipedia.org/wiki/Petroglyph) - were discovered in 1972, more than 5000 carvings have been found on several sites around Alta. The main site, located at [Jiepmaluokta](http://en.wikipedia.org/wiki/Jiepmaluokta) about 4 kilometers outside of Alta, contains around 3000 individual carvings and has been turned into an [open-air museum](http://en.wikipedia.org/wiki/Open-air_museum). The site was placed on the [UNESCO](http://en.wikipedia.org/wiki/UNESCO) list of [World Heritage Sites](http://en.wikipedia.org/wiki/World_Heritage_Site) on 3 December 1985.

PEOPLE ON THE MONEY

50 kr; [Peter Christen Asbjørnsen](http://en.wikipedia.org/wiki/Peter_Christen_Asbj%C3%B8rnsen),

100 kr; [Kirsten Flagstad](http://en.wikipedia.org/wiki/Kirsten_Flagstad), [Folketeateret](http://en.wikipedia.org/wiki/Folketeateret) in Oslo's concert hall.

200 kr; [Kristian Birkeland](http://en.wikipedia.org/wiki/Kristian_Birkeland), map of the [northern polar region](http://en.wikipedia.org/wiki/Polar_region) and [aurora](http://en.wikipedia.org/wiki/Aurora_borealis).

500 kr; [Sigrid Undset](http://en.wikipedia.org/wiki/Sigrid_Undset), a [wreath](http://en.wikipedia.org/wiki/Wreath) from the trilogy of [Kristin Lavransdatter](http://en.wikipedia.org/wiki/Kristin_Lavransdatter).

1000 kr; [Edvard Munch](http://en.wikipedia.org/wiki/Edvard_Munch), Munch's painting *"Solen"* ("*The Sun*") in [Oslo City Hall](http://en.wikipedia.org/wiki/Oslo_City_Hall).

Evward Munch

Skiing

The history of skiing goes back thousands of years. There are even cave drawings that show people skiing. Early on, people didn’t ski for fun; it was just a way to get around in the snow. Norwegians helped make skiing a popular sport. They invented different skiing techniques, and ski jumping started in Norway. Norwegians organized some of the first ski competitions and clubs. They helped teach people in other countries how to ski.

Norwegian is a North Germanic language: it has two official written forms.

1. Bokmål (book language)
2. Nynorsk (new Norwegian)

There is no officially sanctioned spoken standard of Norwegian, but there is a de facto spoken standard of Bokmål known as *Standard Østnorsk* (Standard East Norwegian). Historically, Bokmål is a Norwegianized variety of Danish, while Nynorsk is a language form based on Norwegian dialects and [puristic](http://en.wikipedia.org/wiki/Linguistic_purism) opposition to Danish.

Norwegian is also a *pitch accent* language, which means people use rising or falling tones to distinguish two-syllable words with the same pronunciation. This gives Norwegian a unique sing-song quality.

Most speakers of the three [Scandinavian languages](http://en.wikipedia.org/wiki/North_Germanic_languages) (Danish, Norwegian and [Swedish](http://en.wikipedia.org/wiki/Swedish_language)) can read each other's languages without great difficulty. The primary obstacles to mutual comprehension are differences in pronunciation. Spoken dialects vary throughout Scandinavia, but are broadly mutually intelligible throughout all four countries, including across national borders.

Norwegian alphabet has three more vowels than the English: *å*, *œ*, and *ø*.

The main foreign language taught in Norwegian elementary school is English.

Coat of Arms is a crowned, golden lion rampant holding an axe with an argent blade, on a crowned, triangular and red [escutcheon](http://en.wikipedia.org/wiki/Escutcheon_%28heraldry%29). Its elements originate from personal insignias for the [royal house](http://en.wikipedia.org/wiki/Norwegian_monarchy) in the [High Middle Ages](http://en.wikipedia.org/wiki/High_Middle_Ages), thus being among the oldest in Europe. In Norway, the [motif](http://en.wikipedia.org/wiki/Motif) of the [coat of arms](http://en.wikipedia.org/wiki/Coat_of_arms) is often called *den norske løve*; literally translated, “the Norwegian lion”.

Define: **a** **:** rearing upon the hind legs with forelegs extended

**b** **:** standing on one hind foot with one foreleg raised above the other and the head in profile —used of a heraldic [animal](http://www.merriam-webster.com/dictionary/rampant)

Flag

the colors recall Norway's past political unions with Denmark (red and white) and Sweden (blue)