Norway

Source: European Union/Re-open EU

04.05.2022

COVID-19 travel restrictions were lifted in Norway. Providing proof of vaccination, recovery from COVID-19 or negative test results is not required.

Learn more:
Travel to Norway
HelseNorge Coronavirus
Norwegian Directorate of Immigration

09.03.2022

What are the rules to enter this country from an EU Member State or Schengen Associated country?

There are no requirements for testing, quarantine, or registration upon arrival in Norway.

Entering this country with the EU Digital COVID certificate

Travellers to Norway are no longer required to provide proof of vaccination, recovery or a negative PCR test result.

Entering this country without the EU Digital COVID certificate or with a certificate not compliant with national requirements

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

There are no requirements for testing, quarantine, or registration upon arrival in Norway.

Remarks from the International Road Transport Union

03.11.2022

Norway: Implementation of mobility package - New rules for road transport

The Ministry of Transport and Communications in Norway has adopted new rules on driving and rest periods for drivers, the use of tachographs in vehicles and rules on occupational and market access to the road transport market.

- **The most important rules that entered in force on 1 November 2022**

- Requirement that the vehicle return to the country of entry every 8 weeks.
- Requirements for the transport company to ensure that the driver is allowed to spend at least one normal week's rest at home during each four-week period, a ban on weekly rest in the vehicle and a ban on remuneration based on how quickly the driver delivers the goods.
- A "freeze period" of 4 days is introduced after the last cabotage assignment carried out where foreign vehicles cannot carry out cabotage in Norway.
- Requirement for a permit for vans in international transport. Carriers must meet requirements for establishment, conduct, finances and professional competence.
- The cabotage rules will apply to international transport by vans.
- The cabotage limitations in art. 8, **Regulation 1072/2009** also applies to the national road leg of a combined transport.

- **Important regulatory changes from 2026**

- Introduction of driving and rest time rules for international transport by vans with a permissible gross weight between 2.5 and 3.5 tonnes.
- Introduction of tachograph requirements for international transport of vans with a permissible gross weight of between 2.5 and 3.5 tonnes.

More information on the new rules (in Norwegian): here, **here** a nd **here**.

In Norway, the implementation of **Directive 2020/1057** on posting has not been defined yet. More information will come following the public consultation from the Ministry of Labour and Social Inclusion.

Additional information on the implementation of the mobility package in Norway can be found in the Journey Planning Information: **goods** and **passengers**.

Source: Guretruck, NLF, IRU

29.11.2021

COVID-19 Update new regulations in Norway

Learn more:

Travel to Norway

General information

National health institute

You can find the latest information on air travel regulations for this country on the IATA website.

You can also find information about your passenger rights on our portal for citizens.

Documents you need to travel in Europe
Health cover for temporary stays

What are the rules if I go abroad from this country, and when I return from abroad?

There are no requirements for testing, quarantine, or registration upon arrival in Norway.

May I transit this country?

YES

General measures

In Norway, the EU Digital COVID Certificate (EUDCC) is **not required to access public spaces** anymore. Restrictions to access events, bars, clubs and other public places and services have been lifted.

General advice for the population

New regulations were introduced in Norway last Friday. The Norwegian Ministry of Transport and Communication provided the following information

As from 26 November 2021, the Norwegian Government has re-introduced requirements for a negative test before entry and extend the current requirements for testing and entry registration upon entry to Norway. **Persons who carry out commercial freight and passenger transport, or who are on their way to or from such assignment, shall be exempted from the requirement for a test carried out before arrival to Norway. Professional drivers in cross-border commercial transport are also exempt from testing at the border upon arrival Norway.**

However, it has been introduced that b as a general rule b all travellers must register in the entry registration system. **This rule also applies to professional drivers and applies to both Norwegian and foreign citizens.** All visitors have to present such confirmation and possibly corona certificate to the police upon inspection. The entry registration form is available here.

Source: NLF

04.01.2021

Coronavirus (COVID-19) outbreak: New testing and registration rules in Norway

New measures have been introduced in Norway relating to the registration of persons entering the country. Mandatory testing has also been introduced.

1) Registration for people entering the country:

- **Every person, including professional drivers**, entering Norway should register. More information can be found here.
- The registration form in several languages can be found here.
- It should be noted that persons sleeping in the vehicle must also register. It is sufficient to give the postal code of the place where the vehicle is stationed. The postal codes can be found here.

2) Obligatory testing of travellers:

- All people entering Norway should be tested. There are some exceptions from mandatory testing. Children under the age of 12 do not need to be tested. **Personnel with critical social functions, border commuters, long distance drivers and diplomats are others that are exempted.**
- There are about 110 approved border stations to Norway. They are all open, but several have reduced their operating hours, and several are without police control. Border stations might be closed in order to channel travellers to border stations with both police and health care personnel or border stations with police control. – I will decide which border stations to close and which groups can be exempted so that they can still use closed border stations, says Mæland.
- Through the media the governments have said that freight transport will go as normal over the border stations.
- Read more: https://www.regjeringen.no/en/aktuelt/mandatory-testing-for-travellers-to-norway/id2826415/

3) Updated quarantine rules:

- Read more https://www.regjeringen.no/en/aktuelt/new-quarantine-rules-will-contribute-to-more-travellers-being-tested/id2826283/

Source: NLF

19.06.2020

- Practice good hand and cough hygiene.
- Follow the COVID-19 vaccination program.
- Get tested if you develop symptoms. Children are exempt from this. It is no longer necessary to get tested if you do not have symptoms, even if you are a close contact of a person with COVID-19.
- Stay home if you develop new respiratory symptoms and you feel sick. You should stay home until you feel well, and you have been fever-free for 24 hours. Mild residual symptoms like a runny nose, hoarseness or some coughing are fine.
- If you receive a positive COVID-19 test, stay home for 4 days from the onset of symptoms or from the date of your positive test if you have no symptoms. Children are exempt from testing but are recommended to stay home if they are sick. They can return to kindergarten or school once they have been fever-free for 24 hours.
- Please contact your doctor if you are concerned about your health or that of your child.

Learn more:

Coronavirus

The coronavirus situation

Use of facemasks

The use of facemasks is no longer mandatory anywhere.

Physical Distancing

Physical distancing is no longer mandatory anywhere.

Indoor and outdoor meetings, public or private gatherings and events

There are no longer restrictions on the number of people at gatherings and events. However, there is still a requirement to have infection control measures in accordance with the Regulations relating to measures in the environment to promote health, which state that enterprise's operations must be planned and carried out in a manner that prevents communicable diseases.

Normal operations in accordance with the general infection control rules for the population are recommended.

As from 19 June, mandatory quarantine in Norway has been reduced from 14 to 10 days. This reduction applies to people travelling for work reasons and tourists that come from the following countries: Finland (including Åland), Denmark, Iceland, Greenland, The Faroe Islands and Svalbard. Due to the situation in Sweden, travellers from Sweden (except from Gotland) still have to quarantine for 10 days.
For work-related travel from countries outside the Nordic countries, 10 days of quarantine upon entry applies. People whose work is strictly necessary to maintain the proper operation of critical social functions, or to meet the basic needs of the population (including freight and passenger transport drivers) are exempt from the provision.
Members should be aware that drivers are exempted from quarantine in case they are travelling between their place of residence and their place of work, and during the time they are employed. During their spare time, quarantine is compulsory.

More information can be found here.

Source: NLF

19.05.2020

As from 14 May, the relaxations of driving and rest time rules have ceased to apply in Norway. The government decided not to prolong them, therefore drivers operating in Norway should comply with the original provisions.

Source: NLF

04.05.2020

In an effort to reduce the spread of the coronavirus (Covid-19), the Norwegian border control measures will be extended for 90 days, after 15 May.

The current measures in place involve the posting of police and military employees at border stations in order to control persons crossing the borders.

It is important for truck drivers to have their passport and driving license readily available when crossing the border.

Source: NLF

16.04.2020

On 15 April, rules on driving and rest times were relaxed in Norway. Relaxations will apply only for freight transport operations until 24: 00 of 13 May and are as follows:

· The daily driving time is extended from 9 hours to 11 hours.

· Maximum weekly driving time raised from 56 hours to 58 hours.

· Maximum fortnightly driving limit raised from 90 hours to 96 hours.

· Reduction of the daily rest from 11 hours to 9 hours.

· A weekly rest of a minimum of 24 hours must be followed by a weekly rest of 45 hours, meaning a reduced weekly rest is allowed every other week. The reduced weekly rest does not have to be compensated.

Source: NLF

26.03.2020

Places of worship

Open with limitations

OPEN

Quarantine

Isolation

- The regulatory requirement to go into isolation is removed and replaced with a recommendation for adults with a confirmed case of COVID-19 to stay home for 4 days from the onset of symptoms and, regardless, until they have been fever-free for 24 hours.
- There is separate infection control advice on the steps to be taken if an enterprise's operations require some people with COVID-19 to go to work. See the website of the Norwegian Institute of Public Health.
- The recommendation to stay home for 4 days does not apply to children, who are recommended to stay home if they are sick.

Quarantine

- The duty to quarantine was removed on 1 February and replaced with a test regime.

Non-essential (other than medicine and food) shops

Open with limitations

OPEN

Tourist accommodations

Open with limitations

OPEN

On border crossings between Norway and neighbouring countries, controls and prioritisation of goods are the following:

- Goods transport to and from Norway is not restricted in any way.
- There are no extra queues reported at Norwegian border crossings.
- In addition to the standard customs procedures, the border control has been reinforced by representatives from the police and the army. Their main task is to check the identity of drivers (passport, driving licences, etc.).
- Prioritisation of goods: Companies who had previous arrangements with the Customs Directorate had some advantages related to customs procedures, but these advantages do not apply currently. There is an express customs procedure in place, but only at one border station. In general, there have been no new changes of priorities when it comes to border crossing.
- Normally border crossings for trucks on the Norwegian-Swedish and Norwegian-Finnish border are quick and efficient compared to most other countries. There has been no substantial change to this pattern since the outbreak of the Covid-19 virus.
- The exception is the Norwegian-Russian border which is currently closed.
- Norwegian quarantine provisions: These have not changed - everyone who enters the country must be in quarantine for 2 weeks, except for truck drivers who come by car and for truck drivers who come to work. Truck drivers can work, but must follow the quarantine rules when he/she is not working (in addition to all other measures to prevent infection).

Source: NLA

Catering establishments

Open with limitations

OPEN

There are no restrictions on the type of activities that may go ahead or any distance requirements. Normal operations in accordance with the general infection control rules for the population are recommended. However, there is still a requirement to operate in accordance with infection control rules for all businesses pursuant to the Regulations relating to measures in the environment to promote health. The operations must be planned and carried out in a manner that prevents communicable diseases.

Cinemas, museums and indoor attractions

Open with limitations

OPEN

Personal care services

Open with limitations

OPEN

Outdoors areas and beaches

Open

Information on Tourism at National level

Useful Info for tourists

Coronavirus in Norway
Coronavirus disease - advise and information

24.01.2022

EU Digital COVID Certificates

Information on 'EU Digital COVID Certificates' issued in Norway

Important: In Norway, the 'EU Digital COVID Certificate' (EUDCC) is **not required to access public spaces**, such as bars and restaurants, museums, swimming pools, large events, and some means of public transport. Norway's municipalities can implement **specific territorial regulations**. Please, consult the measures section for further details. Travellers are strongly advised to always carry relevant certificates.

The 'EU Digital COVID Certificate' (EUDCC) is digital proof, valid in all EU countries, that a person has either been vaccinated against COVID-19, has recovered from COVID-19, or has received a negative test result. **National authorities are responsible for issuing the certificate**. All EU citizens and their family members, as well as non-EU nationals who are legally staying or residing in an EU country and have the right to travel within the EU, can get the EUDCC. A list of non-EU countries and territories whose certificates are accepted under the same conditions as the EUDCC is also available.

Note: although the 'EU Digital COVID Certificate' is valid across the EU, countries remain responsible for their own entry rules and health measures during the pandemic. This means that **entry requirements depend on your destination**.

As of 1 February 2022, vaccination certificates will be valid for travel purposes within the EU for a period of 9 months (270 days).

Learn more:

Coordinated approach on travel measures - Factsheet

EUDCC - Questions & Answers

EUDCC - Factsheet

What are the rules to enter this country from an EU Member State or Schengen Associated country?

Document checklist:

1. Entry Norway: all travellers must fill it in within 72 hours before entering Norway.
2. Negative result to a pre-departure molecular test or rapid antigen test (valid 24 hours). Travellers who are fully vaccinated or have had COVID-19 during the last six months, as documented via a valid COVID-19 certificate, do not need to provide a pre-departure negative test result.

Important! All travellers, **vaccinated and unvaccinated**, are required to take a test upon arrival to Norway. The test must be taken when crossing the border. You will need to take the rapid antigen test and then wait for the test result before proceeding. Please note that if there is no test center at the point of entry or the test center is closed, you must take a rapid antigen test at a public test center or a self-test within 24 hours of entry.

Entry rules

Entry requirements depend on the colour attributed to the country of departure, according to Norway's own national classification of risk areas: green, orange, red and dark red.

Children younger than 16 are exempt from quarantine and testing requirements.

Entering this country with the EU Digital COVID certificate

To be valid, the EU Digital COVID Certificate must contain one of the following:

- Proof of full vaccination. Accepted vaccines: authorised by the European Medicines Agency (EMA): Comirnaty (Pfizer), Nuvaxovid Spikevax (Moderna), Vaxzevria (AstraZeneca), Janssen AND Covidshield, Sinovac-CoronaVac.
- Proof of recovery from COVID-19. Validity: 180 days.

In addition, a negative result to a pre-departure molecular test (valid 24 hours) or rapid antigen test (valid 24 hours) is also required. Travellers who are fully vaccinated or have had COVID-19 during the last six months, as documented via a valid COVID-19 certificate, do not need to provide a pre-departure negative test result.

Entering this country without the EU Digital COVID certificate or with a certificate not compliant with national requirements

Documents equivalent to the 'EU Digital COVID Certificate' (EUDCC) Norwegian, Swedish, Danish, English, French or German are also accepted, if they meet the same requirements listed above for the EUDCC. Please note that the COVID-19 certificate must have a QR-code that can be verified by the Norwegian authorities.

Learn more:

General information

National health institute

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

Entry rules

Entry requirements depend on the colour attributed to the country of departure, according to Norway's own national classification of risk areas: green, orange, red and dark red.

Children younger than 16 are exempt from quarantine and testing requirements.

Mandatory travel documents

1. Entry Norway: all travellers must fill it in within 72 hours before entering Norway.
2. Negative result to a pre-departure molecular test or rapid antigen test (valid 24 hours). Travellers who are fully vaccinated or have had COVID-19 during the last six months, as documented via a valid COVID-19 certificate, do not need to provide a pre-departure negative test result.

Important! All travellers, **vaccinated and unvaccinated**, are required to take a test upon arrival to Norway. The test must be taken when crossing the border. You will need to take the rapid antigen test and then wait for the test result before proceeding. Please note that if there is no test center at the point of entry or the test center is closed, you must take a rapid antigen test at a public test center or a self-test within 24 hours of entry.

Learn more:

General information

National health institute

What are the rules if I go abroad from this country, and when I return from abroad?

When you return to Norway, you must keep the following in mind:

- You need to provide documentation of a negative test result prior to entry
- You need to complete the registration form prior to travelling
- You will have to undergo testing upon arrival in Norway
- You will have to enter a 10 days quarantine period

Some exceptions are available on www.helsenorge.no

May I transit this country?

YES

Transit is possible for all citizens.

For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

General measures

Information on the situation in the country is available on the o fficial website on COVID-19 information.

Note: Norway's municipalities can adopt further restrictive measures valid at the local level. Please, consult the local corona information to find out about each municipality.

Use of facemasks

The use of facemasks is mandatory in **all indoor and outdoor public spaces**, including **public transport**. This also applies in other situations where it is not possible to keep sufficient distance to others.

Physical Distancing

It is recommended to keep a distance of one-metre from others than household members and equivalently close contacts. The recommendation applies both indoors and outdoors. It is also recommended to avoid hugging and shaking hands.

Indoor and outdoor meetings, public or private gatherings and events

Gathering at a private venue

You should not have more than 10 guests at a time. The number limit applies even if the guests are vaccinated and regardless of the guests' age (small children are also included) or if the guests are relatives. The recommendation to keep a distance of 1 meter from others than household members applies during the visit.

Private gatherings at a public venue

At a private event (rented or borrowed venue) no more than:

- 30 persons can be gathered indoors.
- 50 persons can be gathered outdoors.

This also includes persons who are vaccinated or have had COVID-19.

Events and gatherings at a public venue

Indoors

- Without designated seating: A maximum of 30 participants.
- With designated seating: A maximum of 200 participants.

Outdoors

- Without designated seating: A maximum of 100 participants.
- With designated seating: A maximum of 3 cohorts with a maximum of 200 participants each. There should be a distance of at least 2 meters between the cohorts.

The number limit applies even if the participants are vaccinated and regardless of their age (small children are also included in the number).

Safety measures for public transportation

In all forms of public transport (as well as in taxis), **facemasks are mandatory**. Also, social distance should be maintained as much as possible.

Places of worship

OPEN WITH LIMITATIONS

OPEN WITH LIMITATIONS

Religious activities and services can be carried out inside and outside places of worship, provided they adhere to strict health protocols. Memorial services after funerals and burials can have a maximum of 50 people indoors and outdoors.

It is compulsory to:

- Wear a facemask, except for religious representatives during services.

Quarantine

Anyone who test positive for the coronavirus must enter a 6-days isolation period. This is regulated by law and violations can be prosecuted.

When in isolation the following applies:

- Stay at home and do not go outside, except from in your own garden or balcony / porch / terrace.
- Make arrangements for others to help out with your necessary errands.
- Preferably keep a distance of at least two meters to others in your same household.
- Stay in separate rooms and use separate bathrooms if possible. Use your own toiletries, including your own towel.
- Food should be delivered to your room, or you should be alone in the kitchen.
- Take extra care to maintain good hand and cough hygiene to avoid infecting others in the household.
- You / your household should not have guests visiting
- Children and youth need care, also when they have a coronavirus infection.

It is important that the child's need for care is met, even if the child or parent is ill with COVID-19.

Learn more:

Quarantine and isolation due to coronavirus

Non-essential (other than medicine and food) shops

OPEN WITH LIMITATIONS

Tourist accommodations

OPEN WITH LIMITATIONS

Catering establishments

OPEN WITH LIMITATIONS

OPEN WITH LIMITATIONS

Restaurants must:

- Ensure that there is seating for all guests (but seating requirements do not apply to cultural events, including concerts, exhibition openings, opera, ballet, theatre, and cinema);
- Register contact information for guests who agree to it.
- Venues with a license to serve alcohol can only serve alcohol prior to 11 PM (23:00). The guests will then have to finish their drink within 11:30 PM (23: 30).
- Serving of alcohol should only take place at the table.

Cinemas, museums and indoor attractions

OPEN WITH LIMITATIONS

OPEN WITH LIMITATIONS

Personal care services

OPEN WITH LIMITATIONS

Outdoors areas and beaches

OPEN

Useful Info for tourists

Coronavirus in Norway
Coronavirus disease - advise and information

09.12.2021

What are the rules to enter this country from an EU Member State or Schengen Associated country?

The entry restrictions introduced due to the corona situation have been lifted. All foreigners who have the right to entry according to the rules of the Immigration Act can travel to Norway now. You can travel to Norway if you:

- have a valid residence permit, or you have a right of residence in Norway
- have a valid visitor´s visa or entry visa to Norway
- have the right to visit Norway without a visa
- are going to apply for protection (asylum) in Norway

For further information, see the webpages of the Norwegian Directorate of Immigration (UDI).

Entering this country with the EU Digital COVID certificate

Norway is accepting "EU Digital COVID certificates" (EUDCC) from **24 June 2021**.

Anyone over the age of 16 entering Norway must complete the travel registration form. The digital registration form can be completed no earlier than 72 hours before entry.

People arriving in Norway must be tested for SARS-CoV-2 at the border crossing point in Norway, regardless of their vaccination status. The test must be a rapid antigen test and the traveller must wait for a result at the test centre. If there is no test centre at the border crossing point, the test centre is closed, or the authorities have directed the person further, the test must be taken at a test centre or by self-test within 24 hours of arrival. If the test result is positive, it must be confirmed with a PCR test as soon as possible, and no later than 24 hours after the arrival.

Travellers over 12 years who arrive in Norway must use face masks when it is impossible to avoid close contact with other people until they receive a negative test result.

For more information about test requirements and any exceptions, see helsenorge.no

If you are fully vaccinated or have had COVID-19 during the past six months (counting from the test date, provided you are no longer in isolation) and can document this via a valid COVID-19 certificate:

- You do not need to provide documentation of a negative test prior to entry
- You do not need to enter a travel quarantine

The criteria for valid certificates are:

- **Certificate of full vaccination,** which is valid if one of the following conditions applies:
    - 7 days have elapsed since the second dose of vaccine has been received.
    - 21 days have elapsed after vaccination in the case of vaccines for which only one dose is scheduled.
    - Vaccination with a single dose (1 of 1) of any vaccine for people who have recovered from COVID-19 if either 7 days have elapsed after vaccination or 5 days have elapsed after the test.
    - The following EMA approved vaccines are accepted:
        - Comirnaty (BioNtech/Pfizer)
        - Spikevax (Moderna)
        - Vaxzevria(AstraZeneca)
        - Covishield (Serum Institute of India)
        - COVID-19 Vaccine Janssen from Johnson & Johnson/Janssen Pharmaceuticals
        - Sinovac-CoronaVac vaccine
- **Certificate of recovery** from COVID-19. Validity: **11-180 days**

If you only have received the first dose of the vaccine you should follow the same rules that apply to those who are non-vaccinated / non-protected.

Entering this country without the EU Digital COVID certificate or with a certificate not compliant with national requirements

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "green and orange" in the EU/EEA, Switzerland or the UK are allowed to travel to Norway and are required to:

- provide documentation of a negative test result taken during the 24 hours leading up to your entry into Norway. Valid test methods are a PCR-based test or a rapid antigen-based test.
- complete the travel registration form for entry to Norway. The digital registration form can be completed no earlier than 72 hours before entry.
- Take a test upon arrival. You must wait until the result of the rapid antigen-based test is available before continuing your journey.

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "red", "dark red" in the EU/EEA, Switzerland or the UK are allowed to travel to Norway and are required to:

- Observe the same requirements foreseen for travellers coming from “green” or “orange” areas
- Enter a 10 day quarantine period.
-

Travelers from countries/regions in the EEA/Schengen/United Kingdom with a sufficiently low infection rate (green and orange countries/regions) do not need to go into entry quarantine unless they have stayed in, or transited through, a country/region with quarantine duty during the past 10 days.

If travelers are arriving from a green/ orange country/region having traveled via an area with quarantine duty without using public transport, without staying overnight there and without having had close contact with anyone other than travel companions, they don't need to go into quarantine after arriving in Norway.

More information on the requirement for entering the country

Registration form: Anyone over the age of 16 entering Norway must complete the travel registration form. After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Test upon arrival: You are required to take a Covid-19 test upon arrival in Norway. The test must be a rapid antigen test and you have to wait for the test result before proceeding. If there is no test centre at the point of entry or the test centre is closed, you are required to take a rapid antigen-based test at a public test center or a self-test within 24 hours from the entry. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours from arrival.

The 10-day quarantine must be completed at home or in another suitable place of residence. If you do not have suitable accommodation, you will be offered accommodation at a quarantine hotel. The quarantine period may be ended /shortened by taking a PCR test no earlier than three days after arrival.

Furthermore, travelers are required to wear a face mask when using public transport.

For further information, see helsenorge.no.

Children and young people **under the age of 18** are no longer required to go into entry quarantine but are encouraged to take a test 3 days after arrival.

Find out more:

Countries categorization
Entry rules
Travel advice - helsenorge.no
International Travel rules
https://www.fhi.no/en/
Documents you need to travel in Europe
Health cover for temporary stays

Documents you need to travel in Europe
Health cover for temporary stays

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

The restrictions on who can enter Norway was lifted as of November 26th.

The following rules must be observed

- Provide documentation of a negative test-result taken during the 24 hours leading up to your entry into Norway. Valid test methods are a PCR-based test or a rapid antigen-based test.
- Complete the registration form prior to travelling.
- Undergo further testing upon arrival in Norway.
- Enter a 10-day quarantine period.

Registration form: The registration form cannot be completed any earlier than 72 hours prior to the time of arrival. You will receive a receipt which you must present to the police at the border control.

Test upon arrival: You are required to take a Covid-19 test at the border upon arrival in Norway. The test must be a rapid antigen test and everyone have to wait for the test result before proceeding. If there is no test centre at the point of entry or the test centre is closed, you are required to take a rapid antigen-based test at a public test center or a self-test within 24 hours of entry. In the case of a positive rapid antigen test, the person must immediately take a PCR test at the point of arrival.

The 10-day quarantine must be completed at home or in another suitable place of residence. If you do not have suitable accommodation, you will be offered accommodation at a quarantine hotel. The quarantine period may be ended /shortened by taking a second PCR test no earlier than three days after arrival.

Furthermore, travellers are required to wear a facemask when using public transport.

For further information about the exceptions, including those applying to holders of EUDCC containing certificates of full vaccination or recovery, see helsenorge.no.

Children and young people **under the age of 18** are no longer required to go into entry quarantine but are encouraged to take a test 3 days after arrival. They are also exempt from the duty of getting tested before departure to Norway.

Omicron – Travel rules

The Ministry of Foreign Affairs now advises against all travels to South Africa, Namibia, Zimbabwe, Botswana, Mozambique, Lesotho, Eswatini and Malawi that are not strictly necessary.

In order to limit and delay the spread of the new virus variant Omicron, the following measures apply to anyone arriving from the above-mentioned countries:

- You must take a test (PCR-based test or antigen-based rapid test) prior to travelling. The test must be taken less than 24 hours before arriving in Norway. If you arrive by air, the test can be taken during the last 24 hours prior to the first scheduled flight of your itinerary. The documentation of the test result must be in Norwegian, Swedish, Danish, English, French, or German.
- All travellers above the age of 16 will need to fill in a travel registration form upon entry to Norway.
- You must take an antigen-based rapid test upon arrival and wait for the test result at the test center. If there is no test center at the point of entry or the test center is closed, you will have to take a test immediately when arriving at the quarantine hotel.
- You will have to take a PCR-based test within 24 hours after arrival in Norway.
- You will have to enter a 10-day travel quarantine at a quarantine hotel. If you take a negative test (no virus detected) on day 3, you will be able to leave the quarantine hotel and implement your remaining quarantine duty period at home or at another suitable location. See the housing requirements that must be met here.
- You will have to take another PCR-based test no sooner than 7 days after you arrived in Norway. You can end your quarantine if the test result comes back negative.

These measures apply whether or not you are fully vaccinated, have had COVID-19 during the last six months or are exempt under the COVID-19 regulations (requirement for testing prior to, upon and after arrival, travel quarantine duty or other exceptions).

Minors under the age of 18 and diplomats can implement their travel quarantine duty at home or at another suitable location. They will still have to comply with the requirements for testing.

If you have been to any of the above-mentioned countries after November 16th and arrived in Norway prior to November 27th, you will have to take a PCR-based test as soon as possible. You should take the test also if you took a test prior to November 27th. Entering a 10-day travel quarantine (counting from the date of your arrival) is recommended.

See information from The Ministry of Foreign Affairs to Norwegian citizens in the mentioned countries here. (in Norwegian)

Find out more:

Countries categorization
Entry rules (fhi.no)
Travel advice (helsenorge.no)

What are the rules if I go abroad from this country, and when I return from abroad?

When you return to Norway, you must keep the following in mind:

- You need to provide documentation of a negative test result prior to entry
- You need to complete the registration form prior to travelling
- You will have to undergo testing upon arrival in Norway
- You will have to enter a 10 days quarantine period

Some exceptions are available on www.helsenorge.no

May I transit this country?

YES

Transit is possible for all citizens.

For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

May I fly to this country?

The restrictions on who can enter Norway were lifted as of November 26th.

You can find the latest information on air travel regulations for this country on the **IATA website**.

You can also find information about **air passenger rights** on our portal for citizens.

General measures

New rules and recommendations apply from 9 December 2021. They last for four weeks, but will be reconsidered after two weeks.

Please note that in the event of an outbreak, separate advice and rules may apply locally. See an overview of local and regional councils and rules (helsenorge.no).

Use of facemasks

As a result of increased transmission, from 09.12.2021 the Government has introduced a temporary national requirement to use face masks when it is not possible to keep at least 1 metre distance in shops, shopping centres, restaurants, public transport, taxis and indoor station areas, and at hairdressers, skincare professionals and other businesses with one-to-one contact. The Government also has a national recommendation to wear face masks where there are a lot of people and it is difficult to keep a safe distance.

National recommendations have also been made on the use of face masks when in contact with the health and care service. The recommendations apply regardless of vaccination status.

The recommendation does not apply to:

- Children under 12 years of age
- Persons who for medical or other reasons cannot wear a face mask.

Local or regional orders may be issued for the use of face masks if the infection situation makes it necessary.

Find out more:

Face mask and visor use by the general public

Physical Distancing

It is recommended to keep a distance of 1 metre from others than household members and equivalently close contacts. It is also recommended to avoid hugging and shaking hands.

Find out more:

Infection control advice for the population

Indoor and outdoor meetings, public or private gatherings and events

Gathering at a private venue: You should not have more than 10 guests at home in addition to your own household. You can have up to 20 guests once during the Christmas and New Year holidays, but there should be a metre distance between the guests.

Events and gatherings at a public venue:

Indoors:

- No more than 20 participants at a private event at a public (rented or borrowed) venue;
- No more than 50 people at a public indoor event without fixed seats;
- No more than 600 participants in cohorts of up to 200 people, at a public indoor event with fixed seats.

Outdoors:

- No number limit at a private event at a public outdoor venue;
- No number limit at a public outdoor event without fixed, seats;
- No number limit at a public outdoor event with fixed seats.

Safety measures for public transportation

It is mandatory to wear a mask on public transport.

Places of worship

OPEN WITH LIMITATIONS

Quarantine

Everyone who arrives from a country with quarantine duty, must undergo a **10-day quarantine** and should be tested.

On 29.11.2021 and 9.12.2021, changes were made in the COVID-19 regulations for situations where the omicron variant is confirmed or suspected. The measures are described under «Spesifikke TISK-tiltak for omikronvarianten» [in Norwegian]. See your municipality's website for information about regional measure.

If you are defined as close contact, you are basically healthy, but you have been in enough close contact with a person with COVID-19 who may have infected you.

Advice for household members or equivalently close

- If you are a household member or equivalently close (as a romantic partner or best friend) and over the age of 18, you are obliged to be quarantined for 7 days. This applies regardless of whether you have been vaccinated or not. This also applies if you have had COVID-19 in the last 12 months. You can be exempt from quarantine by taking a test immediately which is negative. Then you have a duty to follow the current test regimen:
    - Vaccinated: A test taken between days 3-7, preferably between days 3-5;
    - Unvaccinated: rapid test daily for 7 days, or PCR test every other day for 7 days
- If you are under 18, you are not obliged to test and quarantine, but you are recommended to follow the same regimen.
- If you develop symptoms, you should stay at home, regardless of vaccination status, and be tested.
- If you test positive, you must be in isolation and you must take a confirmatory PCR test at a test centre.
- Household members and equivalently close contacts to an infected person can go to work and school after the first negative test and during the current test regimen. They are advised to shield others from possible transmission by avoiding indoor leisure activities and events as long as the infected person is in isolation.
- If you are a household member or equivalent close contact to a person with a confirmed or suspected omicron variant, the measures described under "Spe cific TISK measures for the omicron variant" apply (in Norwegian). It is important that you follow the information you receive from the contact tracing team.
- There is separate advice for people who work in the health and care service (in Norwegian):
    - https://www.fhi.no/nettpub/coronavirus/helsepersonell/testing-for-sars-cov-2-av-pasienter-og-ansatte-i-ulike-risikokategorier/

Advice for other close contacts

- If you are fully vaccinated or have had COVID-19 in the last 12 months, you should monitor your state of health for 10 days. Have a low threshold to test yourself if you get symptoms.
- If you are unvaccinated or partially vaccinated, you should take a test as soon as you are informed that you are a close contact
- If you are unvaccinated or partially vaccinated, you should take a test as soon as you are informed that you have been in close contact with a person with confirmed COVID-19.
- If you take a self-test that turns out to be positive, you must contact the municipality.
- If you are a household member or equivalent close contact to a person with a confirmed or suspected omicron variant, the measures described under "Spe cific TISK measures for the omicron variant" apply (in Norwegian). It is important that you follow the information you receive from the contact tracing team.

Find out more:

Quarantine and isolation
Should I get tested?
Test results

Non-essential (other than medicine and food) shops

OPEN WITH LIMITATIONS

Tourist accommodations

OPEN WITH LIMITATIONS

Catering establishments

OPEN WITH LIMITATIONS

Cinemas, museums and indoor attractions

OPEN WITH LIMITATIONS

Personal care services

OPEN WITH LIMITATIONS

Outdoors areas and beaches

OPEN

Useful Info for tourists

Coronavirus in Norway
Coronavirus disease - advise and information

14.09.2021

What are the rules to enter this country from an EU Member State or Schengen Associated country?

At present, there are restrictions on whom can travel to Norway without belonging to an exempted category. The following categories can enter the country:

- Norwegian citizens;
- Residents in Norway;
- Foreigners who are residents of a country or area classified as "green" from the epidemiological point of view;
- Foreign citizens holding an EU Digital COVID certificate (EUDCC) that is valid in Norway, an NHS Covid-pass from Wales/England, a COVID certificate from Northern Ireland, or a COVID-19 Vaccination certificate from Scotland, that show that they are fully vaccinated or have had COVID-19 during the preceding six months.

Entering this country with the EU Digital COVID certificate

Norway is accepting "EU Digital COVID certificates" (EUDCC) from**24 June 2021**.

Holders of EUDCC, an NHS Covid-pass from Wales/England, of a COVID certificate from Northern Ireland or a COVID-19 Vaccination certificate from Scotland containing certificates of full vaccination or recovery, will be allowed to enter Norway, without being subject to further restrictions (testing before entry, testing upon arrival, quarantine, and travel registration).

The criteria for valid certificates are:

- **Certificate of full vaccination,**which is valid if one of the following conditions applies:
  - 7 days have elapsedfrom dose 2 of 2;
  - 21 days have elapsed after vaccination in the case of vaccines for which only one dose is scheduled (1 of 1).
  - Vaccination with a single dose (1 of 1) of any vaccine for people who have recovered from COVID-19 (certificate issued based on a positive result to a COVID-19 test showing an interval of at least 21 days before or after the date of vaccination or confirmed antibodies to COVID-19 by an approved laboratory method) if either 7 days have elapsed after vaccination or 10 days have elapsed after test.
  - The following EMA approved vaccines are accepted:*Pfizer/BioNTech,Moderna,AstraZeneca,Johnson & Johnson (Janssen)*
- **Certificate of recovery**from COVID-19. Validity:**180 days**

Entering this country without the EU Digital COVID certificate or with a certificate not compliant with national requirements

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "green" in the EU/EEA, are allowed to enter Norway. They are required to:

- Complete the registration form prior to travelling.
- Undergo further testing upon arrival in Norway.

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "red" and "orange" in the EU/EEA, Switzerland or the UK are allowed to travel to Norway and are required to:

- Complete the registration form prior to travelling.
- present a pre-departure negative test taken less than 24 hours prior to entry
- Undergo further testing upon arrival in Norway.
- Enter a 10-day quarantine period.

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "dark red" in the EU/EEA, Switzerland or the UK are allowed to travel to Norway and are required to:

- The same four steps as for "red" or "orange" countries.
- The first three days of quarantine must be spent at a quarantine hotel, then you can complete the rest of the quarantine in other suitable accommodation.

More information on the requirement for entering the country

Registration form: After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Negative test prior to arrival: Accepted COVID-19 tests are PCR and rapid antigen tests, that must be taken within 24 prior to arrival. For people arriving by plane, 24 hours apply before the scheduled departure time of the first flight.

The documentation of a negative COVID-19 test must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative COVID-19 test upon arrival can be refused entry to Norway.

Test upon arrival: You are required to take a Covid-19 test at the border upon arrival in Norway. The test must be a rapid antigen test and you have to wait for the test result before proceeding. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours from arrival.

The 10-day quarantine must be completed at home or in a quarantine hotel. The quarantine period may be shortened by taking a second PCR test no less than 7 days after arrival.

Travellers who can document on the EUDCC that they have received one vaccine dose are exempt from the quarantine hotels requirements in a period between 3 to 15 weeks since the vaccination, and they can shorten the quarantine period by taking a PCR test after 3 days from the arrival.

Furthermore, travellers are required to wear a face mask when using public transport.

For further information, see helsenorge.no.

Children **under 18 years old** coming from "red" and "orange" countries, who are not holding an EUDCC, must undergo a mandatory quarantine. The quarantine can end if they show the negative result of a PCR test taken no earlier than 3 days after arrival. Children **under 12 years old** are exempt from providing a negative test result prior to entry.

Find out more:

Countries categorization
Entry rules
Travel advice - helsenorge.no
International Travel rules
https://www.fhi.no/en/
Documents you need to travel in Europe
Health cover for temporary stays

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

At present, there are restrictions on whom can travel to Norway without belonging to one of the exempted categories. The following categories can enter the country:

- Norwegian citizens;
- Residents in Norway;
- Foreigners who are residents of a country or area classified as "green" from the epidemiological point of view;
- Foreigners who are residents of a country or area outside an EU Member State or Schengen Associated country who are going to visit close family members or romantic partners living in Norway;
- Foreign citizens holding a EUDCC that is valid in Norway, an NHS Covid-pass from Wales/England, a COVID certificate from Northern Ireland, or a COVID-19 Vaccination certificate from Scotland showing that they are fully vaccinated or have had COVID-19 during the preceding six months.

Travellers from purple countries on the Norwegian map/list of entry quarantine have the same requirements for testing on arrival and quarantine as travellers from red countries, without the requirements for quarantine hotels.

Travellers from grey countries on the Norwegian map/list of entry quarantine have the same requirements for testing on arrival and quarantine as travellers from dark red countries. The general rule is to quarantine in hotel for the first three days, after which one can complete the rest of the quarantine in other suitable accommodation.

The Norvegian map/list can be found on www.helsenorge.no

If you are allowed to enter Norway, you must respect the following rules:

- Complete the registration form prior to travelling.
- present a pre-departure negative test taken less than 24 hours prior to entry
- Undergo further testing upon arrival in Norway.
- Enter a 10-day quarantine period.

Registration form: The registration form cannot be completed any earlier than 72 hours prior to the time of arrival. You will receive a receipt which you must present to the police at the border control.

Negative test prior to arrival: Accepted COVID-19 tests are PCR and rapid antigen tests, that must be taken within 24 prior to arrival. For people arriving by plane, 24 hours apply before the scheduled departure time of the first flight.

The documentation of a negative COVID-19 test must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative COVID-19 test upon arrival can be refused entry to Norway.

Test upon arrival: You are required to take a Covid-19 test at the border upon arrival in Norway. The test must be a rapid antigen test and everyone have to wait for the test result before proceeding. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours from arrival.

The 10-day quarantine must be completed at home or in a quarantine hotel. The quarantine period may be shortened by taking a second PCR test no less than 7 days after arrival.

Furthermore, travellers are required to wear a facemask when using public transport.

For further information about the exceptions, including those applying to holders of EUDCC containing certificates of full vaccination or recovery, see helsenorge.no.

Children **under 18 years old** coming from outside an EU Member State, who are not holding an EUDCC, must undergo a mandatory quarantine. The quarantine can end if they show the negative result of a PCR test taken no earlier than 3 days after arrival. Children **under 12 years old** are exempt from providing a negative test result prior to entry.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:

Countries categorization
Entry rules (fhi.no)
Travel advice (helsenorge.no)

May I transit this country?

Yes

Transit is possible for all citizens.

For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

General measures

Overview of rules and recommendations

Use of facemasks

Wearing a face mask is recommended or mandatory in some situations. You can consult the website of your local municipality or the municipality you are visiting for information on potential local requirements on the use of face masks.

In areas characterized by **higher epidemiological risk**, further restrictions may apply and the use of face masks might be **mandatory.**

When travelling by plane, airline companies require all passengers to wear masks.

It is also mandatory to wear a mask on public transport from the place of arrival to the place where you will stay in quarantine, and in case you leave Norway prior to completing your quarantine period and travel by public transport to your place of departure.

Find out more:

Further instructions on face masks

Physical Distancing

Physical distance of at least 1 metre is required (more if and where possible).

Find out more:
Life in the time of COVID-19
Social distancing to prevent transmission

Indoor and outdoor meetings, public or private gatherings and events

Gathering at a private venue: maximum 20 guests in addition to those who are part of your own household (protected people are not included). Some exceptions apply if guests belong to the same cohort at school (primary school level) or kindergarten.

Events and gatherings at a public venue:

Indoors:

- No more than 100 participants at a private event at a public (rented or borrowed) venue. People who are protected or fully vaccinated shall also be included in the total number of participants.
- No more than 400 participants in cohorts of up to 200 people, at a public indoor event without fixed seats, if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 1500 people, split in cohorts of up to 500 people;
- No more than 1000 participants in cohorts of up to 500 people, at a public indoor event with fixed seats, if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 5000 people, split in cohorts of up to 500 people.

Outdoors:

- No more than 100 participants at a private event at a public outdoor venue. People who are protected or fully vaccinated shall also be included in the total number of participants.
- No more than 800 participants in cohorts of up to 200 people, at a public outdoor event without fixed, seats if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 3.000 people, split in cohorts of up to 500 people;
- No more than 2.000 participants in cohorts of up to 500 people, at a public outdoor event with fixed seats, if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 10.000 people, split in cohorts of up to 500 people.

There are also requirements related to distance (a minimum of one metre between the participants), on appointing a responsible organiser and on registering all guests.

The organizer shall not carry out activities that require less distance than that. The distance rule applies throughout the gathering, including when sitting at a table, having activities or mingling. People sitting in fixed seats at an event (e.g. in a hall or in an arena) should be able to have at least one vacant seat between them on the same row of seats from the time they arrive at the event. People from the same household can sit closer to each other after arrival. It is not possible for people to sit in more than half of the fixed seats, unless everyone can keep at least 1 meter distance in all directions to people in another household. The distance rule also applies to few meetings with fixed, assigned seats.

Find out more:
Gatherings and celebrations

Safety measures for public transportation

It is recommended to limit the use of public transport.

All passengers should respect a physical distance of at least 1 metre.

As far as taxis are concerned, passengers should sit in the back and the use of face masks is recommended in some areas.

To know more:

Recommendations for public transport

Places of worship

Open

In areas characterised by a higher epidemiological risk, further restrictions may apply.

Quarantine

Everyone who is a close contact of a confirmed Covid-19 case, or who arrives from a country with quarantine duty, must undergo a**10-day quarantine**and should be tested.

If you do not have a permanent residence, or a suitable place for quarantine, the municipality you are staying in can help you find such a place.

When you are in quarantine, the following applies:

- For entry quarantine: You must go into quarantine for 10 days after arriving in Norway. The quarantine period may be shortened if you have a PCR test with a negative result no earlier than 7 days after arrival.
- For infection quarantine: You must go into quarantine for 10 days after your most recent close contact. If you are staying with someone who receives a positive test result during the quarantine period, you must start a new quarantine period from the last time you had contact. The quarantine period may be shortened if you have a PCR test with a negative result no earlier than 7 days after your most recent contact with the infected person.
- Anyone who is in infection quarantine should be tested, see Test criteria
- You can be in normal contact with younger children you live with, but maintain a distance (more than 1 metre) from older children and other adults.
- If older children in the household are in quarantine, where possible, it is recommended to avoid close, or physical contact with other household members.
- For children and people in need of healthcare, however, the need for care must be given the highest priority.
- Avoid home visits
- Do not go to work, school, childcare centre or other activities outside your home.
- Do not take long trips in Norway.
- Do not use public transport.
- Avoid places where it is difficult to maintain a considerable distance from other people.
- As a rule, you should not visit public places like shops. If there is no alternative, you may go out to carry out essential errands to the supermarket or pharmacy, but ensure that you maintain a distance (at least 1 metre) from other people, wear a face mask and avoid queues.
- You can go for a walk, but a distance of 2 metres from others should be maintained.

Be alert for any symptoms. If you develop an acute respiratory tract infection with fever, cough, shortness of breath or loss of sense of taste or smell while in quarantine, you will be considered to have probable COVID-19 disease. You should be tested as soon as possible and go into isolation at home until your test result is available. If you have other household members, it is recommended that they go into quarantine until your test result is available. If you test positive for COVID-19 during your quarantine period, you must continue your home isolation, and the contact tracing team in your district or municipality will carry out full contact tracing. With a negative test result, you must continue your quarantine as planned, but quarantine will end for other household members.

Exemptions from quarantine

If you are fully vaccinated, you no longer need to be in infection quarantine or entry quarantine. If you have recovered from covid-19 within the last 6 months you can be exempted from entry quarantine, and if you have recovered from covid-19 within the past 12 months you can be exempted from infection quarantine.

If you have received one dose (between three and 15 weeks since you received the dose) you are considered as protected, and also exempt from infection quarantine if you are tested between days 3 and 7 after close contact with an infected person. You do not need to be in quarantine until the test result is available.

Children under the age of 18 who are not household members, or similar close contacts to someone with covid-19, can be exempted from infection quarantine, if they undergo testing in accordance with the guidelines from their municipality.

For children under the age of 18, it is possible to avoid quarantine if someone in the child's class, leisure activity or group of friends is infected – pending the child undergo regular testing. If someone in the family/household, the boyfriend/girlfriend or another close contact is infected, the child will still need to enter quarantine.

Find out more:

Quarantine and isolation
Should I get tested?
Test results

Non-essential (other than medicine and food) shops

Open

Tourist accommodations

Open

Catering establishments

Open

In restaurants, bars and cafés a distance of at least **1 metre** between seated people has to be kept, apart for members of the same household. A requirement on contact details registration is in place.

Venues with a licence to serve alcohol can not let in new guests after 24:00. This requirement does not apply in the case of events that require a corona certificate.

In areas characterised by higher epidemiological risk, further restrictions may apply.

Find out more:
Requirements for serving food and alcohol

Cinemas, museums and indoor attractions

Open

In areas characterised by a higher epidemiological risk, further restrictions may apply.

Personal care services

Open

Outdoors areas and beaches

Open

Information on Tourism at National level

Useful Info for tourists

Coronavirus in Norway
Coronavirus disease - advise and information

23.07.2021

What are the rules to enter this country from an EU Member State or Schengen Associated country?

At present, there are restrictions on whom can travel to Norway without belonging an exempted category. The following categories can enter the country:

- Norwegian citizens;
- Residents in Norway;
- Foreigners who are residents of a country or area classified as "green" from the epidemiological point of view;
- Foreign citizens holding an EU Digital COVID certificate (EUDCC) that is valid in Norway and that shows that you are fully vaccinated or have had COVID-19 during the preceding six months.

For a full overview of who can travel to Norway, see UDI.no

Entering this country with the EU Digital COVID certificate

Norway is accepting "EU Digital COVID certificates" (EUDCC) from **24 June 2021**.

Holders of EUDCC containing certificates of full vaccination or recovery will be allowed to enter Norway, without being subject to further restrictions (testing before entry, testing upon arrival, quarantine, and travel registration).

The criteria for valid certificates are:

- **Certificate of full vaccination,** which is valid if one of the following conditions applies:

- 7 days have elapsed from dose 2 of 2;
- 21 days have elapsed after vaccination in the case of vaccines for which only one dose is scheduled (1 of 1).
- Vaccination with a single dose (1 of 1) of any vaccine for people who have recovered from COVID-19 (certificate issued based on a positive result to a COVID-19 test showing an interval of at least 21 days before or after the date of vaccination) if either 7 days have elapsed after vaccination or 10 days have elapsed after test.

- The following EMA approved vaccines are accepted: *Pfizer/BioNTech, Moderna, Astra Zeneca, Johnson & Johnson (Janssen)*

- **Certificate of recovery** from COVID-19. Validity: **18 0 days**

Entering this country without the EU Digital COVID certificate or with a certificate not compliant with national requirements

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "green" in the EU/EEA, are allowed to enter Norway. They are required to:

- Complete the registration form prior to travelling.
- Undergo further testing upon arrival in Norway.

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "red" and "orange" in the EU/EEA or Switzerland are allowed to travel to Norway and are required to:

- Complete the registration form prior to travelling.
- present a pre-departure negative test taken less than 24 hours prior to entry
- Undergo further testing upon arrival in Norway.
- Enter a 10-day quarantine period.

Travellers without EUDCC containing certificates of full vaccination or recovery from areas classified as "dark red" in the EU/EEA or Switzerland are allowed to travel to Norway and are required to:

- The same four steps as for "red" or "orange" countries.
- The first three days of quarantine must be spent at a quarantine hotel, then you can complete the rest of the quarantine in another suitable accommodation.

More information on the requirement for entering the country

Registration form: After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Negative test prior to arrival: Accepted COVID-19 tests are PCR and rapid antigen tests, that must be taken within 24 prior to arrival. For people arriving by plane, 24 hours apply before the scheduled departure time of the first flight.

The documentation of a negative COVID-19 test must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative COVID-19 test upon arrival can be refused entry to Norway.

Test upon arrival: You are required to take a Covid-19 test at the border upon arrival in Norway. The test must be a rapid antigen test and you have to wait for the test result before proceeding. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours from arrival.

The 10-day quarantine must be completed at home or in a quarantine hotel. The quarantine period may be shortened by taking a second PCR test no less than 7 days after arrival.

Travellers who can document on the EUDCC that hat they have received one vaccine dose are exempt from the quarantine hotels requirements in a period between 3 to 15 weeks since the vaccination, and they can shorten the quarantine period by taking a PCR test after 3 days from the arrival.

Furthermore, travellers are required to wear a face mask when using public transport.

For further information, see helsenorge.no.

Children **under 18 years old** coming from "red" and "orange" countries, who are not holding an EUDCC, must undergo a mandatory quarantine. The quarantine can end if they show the negative result of a PCR test taken no earlier than 3 days after arrival. Children **under 12 years old** are exempt from providing a negative test result prior to entry.

Find out more:

Countries categorization

Entry rules
Travel advice - helsenorge.no
International Travel rules
https://www.fhi.no/en/

Documents you need to travel in Europe
Health cover for temporary stays

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

At present, there are restrictions on whom can travel to Norway without belonging to one of the exempted categories. The following categories can enter the country:

- Norwegian citizens;
- Residents in Norway;
- Foreigners who are residents of a country or area classified as "green" from the epidemiological point of view;
- Foreigners who are residents of a country or area classified as “purple”, who are going to visit close family members or partners living in Norway;
- Foreign citizens holding an EUDCC that is valid in Norway and that shows that you are fully vaccinated or have had COVID-19 during the preceding six months.

A full overview of who can travel to Norway is available on UDI.no.

If you are allowed to enter Norway, you must respect the following rules:

- Complete the registration form prior to travelling.
- present a pre-departure negative test taken less than 24 hours prior to entry
- Undergo further testing upon arrival in Norway.
- Enter a 10-day quarantine period.

Registration form: The registration form cannot be completed any earlier than 72 hours prior to the time of arrival. You will receive a receipt which you must present to the police at the border control.

Negative test prior to arrival: Accepted COVID-19 tests are PCR and rapid antigen tests, that must be taken within 24 prior to arrival. For people arriving by plane, 24 hours apply before the scheduled departure time of the first flight.

The documentation of a negative COVID-19 test must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative COVID-19 test upon arrival can be refused entry to Norway.

Test upon arrival: You are required to take a Covid-19 test at the border upon arrival in Norway. The test must be a rapid antigen test and everyone have to wait for the test result before proceeding. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours from arrival.

The 10-day quarantine must be completed at home or in a quarantine hotel. The quarantine period may be shortened by taking a second PCR test no less than 7 days after arrival.

Furthermore, travellers are required to wear a facemask when using public transport.

For further information about the exceptions, including those applying to holders of EUDCC containing certificates of full vaccination or recovery, see helsenorge.no.

Children **under 18 years old** coming from outside an EU Member State, who are not holding an EUDCC, must undergo a mandatory quarantine. The quarantine can end if they show the negative result of a PCR test taken no earlier than 3 days after arrival. Children **under 12 years old** are exempt from providing a negative test result prior to entry.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:

Countries categorization

Entry rules (fhi.no)
Travel advice (helsenorge.no)

May I transit this country?

Yes

Transit is possible for all citizens.

For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

General measures

Overview of rules and recommendations

Use of facemasks

Wearing a face mask is recommended or mandatory in some situations. You can consult the website of your local municipality or the municipality you are visiting for information on potential local requirements on the use of face masks.

In areas characterized by **higher epidemiological risk**, further restrictions may apply and the use of face masks might be **mandatory.**

When travelling by plane, airline companies require all passengers to wear masks.

It is also mandatory to wear a mask on public transport from the place of arrival to the place where you will stay in quarantine, and in case you leave Norway prior to completing your quarantine period and travel by public transport to your place of departure.

Find out more:

Further instructions on face masks

Physical Distancing

Physical distance of at least 1 metre is required (more if and where possible).

Find out more:
Life in the time of COVID-19
Social distancing to prevent transmission

Indoor and outdoor meetings, public or private gatherings and events

Gathering at a private venue: maximum 20 guests in addition to those who are part of your own household (protected people are not included). Some exceptions apply if guests belong to the same cohort at school (primary school level) or kindergarten.

Events and gatherings at a public venue:

Indoors:

- No more than 100 participants at a private event at a public (rented or borrowed) venue;
- No more than 400 participants in cohorts of up to 200 people, at a public indoor event without fixed seats, if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 1500 people, split in cohorts of up to 500 people;
- No more than 1000 participants in cohorts of up to 500 people, at a public indoor event with fixed seats, if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 3000 people, split in cohorts of up to 500 people.

Outdoors:

- No more than 100 participants at a private event at a public outdoor venue;
- No more than 800 participants in cohorts of up to 200 people, at a public outdoor event without fixed, seats if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 3000 people, split in cohorts of up to 500 people;
- No more than 2000 participants in cohorts of up to 500 people, at a public outdoor event with fixed seats, if they don't have the COVID-19 certificate. In case of COVID-19 certificate: 50 % capacity, but maximum 7000 people, split in cohorts of up to 500 people.

There are also requirements related to distance (a minimum of one metre between the participants), on appointing a responsible organiser and on registering all guests.

Find out more:
Gatherings and celebrations

Information on Tourism at National level

Useful Info for tourists

Coronavirus in Norway
Coronavirus disease - advise and information

EU Digital COVID Certificates

This country is already connected to the Gateway and is issuing and/or verifying at least one EU Digital COVID Certificate (Vaccination, Recovery, Test)

Information about the use of the "EU Digital COVID Certificates" in Norway

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The EU Digital COVID Certificate Regulation entered into force on 01 July 2021. EU citizens and residents will now be able to have their Digital COVID Certificates issued and verified across the EU. National authorities are in charge of issuing the certificate.

The certificate provides a standardised recognition of the holder's status related to vaccination, recovery from Covid-19, or test result. **Despite the European Digital COVID Certificate, each country continues to be responsible for the definition of its own entry requirements and rules, which are not standardised at the EU level.** This means that what is required to enter upon presentation of this certificate, depends on the measures and entry rules in place at your destination.

Find out more:

Information on the "EU Digital COVID Certificate"

Press Release

Questions & Answers

Factsheet

Further information: https://reopen.europa.eu/en/map/NOR/7011

21.06.2021

What are the rules to enter this country from an EU Member State or Schengen Associated country?

Entering this country with the EU Digital COVID certificate

Information not yet available.

Entering this country without the EU Digital COVID certificate or with a certificate not compliant with national requirements

At present, most people cannot travel to Norway without belonging to one of the exceptions. This applies to citizens of all countries, including citizens from the EU/EEA and Nordic citizens. This includes:

- Tourists
- Family members not listed under the Exceptions: close family members section
- boyfriend/girlfriend or fiancé;
- EU/EEA citizens (including Nordic citizens) who are going to work or study in Norway, and who do not belong to any of the exceptions listed below
- persons who have been granted a residence permit to work or study in Norway and who are not already resident here
- business travelers
- foreigners who have been granted a Schengen visa, but who do not belong to any of the exceptions below
- persons who have leisure property in Norway, but are not resident here

List of exceptions (UDI.no)

The testing, travel registration, quarantine, and quarantine hotel requirements will remain in force for travellers who are exempt from the entry restrictions.

All other travellers (including those who are resident in Norway) allowed to enter Norway from countries or regions that are defined as high-risk areas must complete a **10-day quarantine** in a designated hotel. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Entry quarantine upon arrival in Norway from red countries /regions

The quarantine period may be shortened by taking a second PCR test no less than 7 days after arrival.

Travellers who can document on Helsenorge.no that they are protected against COVID-19 (fully vaccinated, 3-15 weeks after first vaccine dose or who had COVID-19 in the last 6 months) are exempt from the quarantine hotels requirements and they can shorten the quarantine period by taking a PCR test after 3 days. Also children travelling together with their parents who are protected against COVID-19 will not be required to stay at a quarantine hotel.

Additionally, foreign travellers from high-risk areas are subject to the requirement for a pre-departure **negative COVID-19 test taken within 24 hours prior to arrival**. Approved test methods are PCR and rapid antigen test. For people arriving by plane, 24 hours apply before the scheduled departure time of the first flight.

The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway.

This requirement does not apply to people in transit or people who frequently cross the border from Sweden and Finland for work purposes.

Test upon arrival: Anyone who has stayed in an area with a quarantine duty during the last 10 days before arrival has also a duty to be tested at the border crossing point upon arrival in Norway. The test must be a rapid antigen test and everyone have to wait for the test result before proceeding. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours of arrival.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:
Entry rules
Travel advice - helsenorge.no
International Travel rules
https://www.fhi.no/en/

Documents you need to travel in Europe
Health cover for temporary stays

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

At present, most people cannot travel to Norway without belonging to one of the exceptions. This applies to citizens of all countries, including the following categories:

- Tourists
- Family members not listed under the Exceptions: close family members section
- boyfriend/girlfriend or fiancé;
- EU/EEA citizens (including Nordic citizens) who are going to work or study in Norway, and who do not belong to any of the exceptions listed below
- persons who have been granted a residence permit to work or study in Norway and who are not already resident here
- business travellers
- foreigners who have been granted a Schengen visa, but who do not belong to any of the exceptions below
- persons who have leisure property in Norway, but are not resident here

Complete list of exceptions (UDI.no)

If you are allowed to enter Norway, you must keep the following in mind:

- You need to complete the registration form prior to travelling
- You will have to present a negative test result for the coronavirus taken less than 24 hours prior to entry (Children under 12 years old are exempted)
- You will have to undergo testing upon arrival in Norway
- You will have to enter a 10 days quarantine period

From 9 May 2021, travellers who have stayed in countries outside the EU / Schengen area, including those who are resident in Norway, must go to a quarantine hotel upon arrival in Norway. Travellers can be released from quarantine if they test negative for COVID-19 with PCR (not rapid antigen test) no earlier than 7 days after arrival.

Travellers who can document on Helsenorge.no that they are protected against COVID-19 (fully vaccinated, 3-15 weeks after first vaccine dose or who had COVID-19 in the last 6 months) are exempt from the quarantine hotels requirements and they can shorten the quarantine period by taking a PCR test after 3 days. Also children travelling alone or together with their parents who are protected against COVID-19 will not be required to stay at a quarantine hotel.

Travellers coming from high-risk areas must provide a certificate of a negative COVID-19 test taken less than 24 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to people in transit or people who frequently cross the border from Sweden and Finland for work purposes.

Test upon arrival: Anyone who has stayed in an area with a quarantine duty during the last 10 days before arrival has also a duty to be tested at the border crossing point upon arrival in Norway. The test must be a rapid antigen test and everyone have to wait for the test result before proceeding. If travellers from outside an EU Member State or Schengen Associated country is testing positive on a rapid antigen test, the person must take a PCR test immediately.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:
Entry rules (fhi.no)
Travel advice (helsenorge.no)

May I transit this country?

Yes

Transit is possible for all citizens.

For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

General measures

Overview of rules and recommendations

Use of facemasks

Wearing a face mask is recommended or mandatory in some situations. Refer to the website of your local municipality or the municipality you are visiting for information on potential local requirements on the use of face masks.

In areas characterized by **higher epidemiological risk**, further restrictions may apply and the use of face masks is **mandatory** on public transport to/from and within the region as well as inside public places such as shops and malls where it is not possible to keep a distance of one metre from other people. The use of face masks is mandatory also in establishments serving food or alcohol such as restaurants, cafes, bars, pubs, nightclubs etc. This applies to both employees and guests, in all situations except when seated at a table.

When travelling by plane, airline companies require all passengers to wear masks.

It is also mandatory to wear a mask on public transport from the place of arrival to the place where you will stay in quarantine, and in case you leave Norway prior to completing your quarantine period and travel by public transport to your place of departure.

Find out more:

Further instructions on face masks

Physical Distancing

The number of people met in person must be limited. In addition to those who are part of your own household, a maximum of 10 guests is allowed.

Physical distance of at least 1 metre is required (more if and where possible).

Find out more:
Life in the time of COVID-19
Social distancing to prevent transmission

Indoor and outdoor meetings, public or private gatherings and events

Gathering at a private venue: maximum 10 guests in addition to those who are part of your own household. Some exceptions apply for members of the same household or if guests belong to the same cohort at school (primary school level) or kindergarten.

Events and gatherings at a public venue:

Indoors:

- No more than 20 participants at a private event at a public (rented or borrowed) venue;
- No more than 50 participants at a public indoor event without fixed seats;
- No more than 200 participants at a public indoor event with fixed seats.

Outdoors:

- No more than 30 participants at a private event at a public outdoor venue;
- No more than 200 participants at a public outdoor event without fixed seats;
- No more than 3x200 participants at a public outdoor event with fixed seats.

There are also requirements related to distance (a minimum of one metre between the participants), on appointing a responsible organiser and on registering all guests.

Find out more:
Gatherings and celebrations

Safety measures for public transportation

It is strongly recommended to limit the use of public transport.

In order to limit the spread of the virus, the capacity on all vehicles used for public transportation is limited, with a reduction in the number of passengers on board. All passengers should respect a physical distance of at least 1 metre and only one in two seats may be used, or only contiguous seatings occupied by people who belong to the same bubble. Contactless payment methods for purchasing tickets are recommended. If crowded, consider postponing your trip and do not travel if you are ill. It is also recommended to follow hygiene and precautionary protocols as well as avoid unnecessary touching of surfaces.

As far as taxis are concerned, passengers should sit in the back and the use of face masks is recommended if there is more than one passenger in the back seat and the passengers are not part of the same household.

To know more:

Recommendations for public transport

Information on Tourism at National level

Useful Info for tourists

Coronavirus in Norway
Coronavirus disease - advise and information

EU Digital COVID Certificates

This country is in the technical testing phase to connect to the EU Digital COVID certificate Gateway

The "EU Digital COVID Certificate" (available from **1 July 2021**) provides proof that a person has either:

- **been vaccinated against COVID-19** (vaccine type and manufacturer, number of doses, date of vaccination);
- **received a negative test result**, PCR or rapid antigen, with the name of the test, date and time of test, test centre and result (self-tests are not valid);
- **recovered from COVID-19**.

When travelling, holders of the "EU Digital COVID Certificate" will have the same rights as citizens of the visited Member State who have been vaccinated, tested or recovered.

The certificate provides a standardised recognition of the holder's status related to vaccination, recovery from COVID or test result. Each country continues to be responsible for the definition of its own entry requirements and rules, which are not standardised at the EU level. This means that **what you will be eligible for, upon presentation of this certificate, depends on the measures and entry rules in place at your country of destination**.

How does it work:

1. **Member States** issue a certificate automatically or upon request, which is issued either digitally or on paper, and has a QR code with an electronic signature;
2. **Citizens** store the certificate in their digital app or wallet and can use it when they travel;
3. When the **verifier** asks the citizen for the certificate, the QR code is shown and the digital signature is verified.

Find out more:
Information on the "EU Digital COVID Certificate"

Press Release
Questions & Answers
Factsheet

07.05.2021

From an EU Member State or Schengen Associated Country, may I enter this country without being subject to extraordinary restrictions?

No

At present, most people cannot travel to Norway without belonging to one of the exceptions. This applies to citizens of all countries, including citizens from the EU/EEA and Nordic citizens. This includes:

- Tourists
- Family members not listed under the Exceptions: close family members section
- boyfriend/girlfriend or fiancé;
- EU/EEA citizens (including Nordic citizens) who are going to work or study in Norway, and who do not belong to any of the exceptions listed below
- persons who have been granted a residence permit to work or study in Norway and who are not already resident here
- business travelers
- foreigners who have been granted a Schengen visa, but who do not belong to any of the exceptions below
- persons who have leisure property in Norway, but are not resident here

List of exceptions (UDI.no)

The testing, travel registration, quarantine, and quarantine hotel requirements will remain in force for travellers who are exempt from the entry restrictions.

Vaccination does not currently affect quarantine requirements or test recommendations.

Is a quarantine required?

All travellers (including those who are resident in Norway) allowed to enter Norway from countries or regions that are defined as high-risk areas must complete a **10-day quarantine** in a designated hotel. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during the quarantine period, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

The quarantine period may be shortened by taking a second PCR test no less than 7 days after arrival. If the result of this test is negative, the period of quarantine can end.

Entry quarantine upon arrival in Norway from red countries /regions

Is a coronavirus test required?

All travellers from high-risk areas are subject to the requirement for a pre-departure negative COVID-19 test. Approved test methods are PCR or rapid antigen test. The test must be taken within 24 hours prior to arrival. For people arriving by plane, 24 hours apply before the scheduled departure time of the first flight.

The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway.

This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes.

The requirement does not apply to people who can document with an approved laboratory method that they have undergone COVID-19 during the last six months.

Test upon arrival: Anyone who has stayed in an area with a quarantine duty during the last 10 days before arrival has a duty to be tested at the border crossing point upon arrival in Norway. The test must be either PCR or rapid antigen test. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours of arrival.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:
Travel advice - helsenorge.no
International Travel rules
Entry rules
https://www.fhi.no/en/

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

At present, most people cannot travel to Norway without belonging to one of the exceptions. This applies to citizens of all countries, including citizens from the EU/EEA and Nordic citizens. This includes:

- Tourists
- Family members not listed under the Exceptions: close family members section
- boyfriend/girlfriend or fiancé;
- EU/EEA citizens (including Nordic citizens) who are going to work or study in Norway, and who do not belong to any of the exceptions listed below
- persons who have been granted a residence permit to work or study in Norway and who are not already resident here
- business travelers
- foreigners who have been granted a Schengen visa, but who do not belong to any of the exceptions below
- persons who have leisure property in Norway, but are not resident here

Some of the exceptions:

- foreigners residing in Norway
- foreigners who have been granted a family immigration permit
- foreigners who will visit or live with close family members in Norway
- spouse or registered partner
- foreigners who are going to have scheduled contact with their children
- journalists and other personnel on behalf of a foreign media institution
- foreigners who are going to stopover at an airport in Norway (both in international airport transit and within Schengen)

Complete list of exceptions (UDI.no)

The testing, travel registration, quarantine, and quarantine hotel requirements will remain in force for travellers who are exempt from the entry restrictions.

Vaccination does not currently affect quarantine requirements or test recommendations.

Is a quarantine required?

All travellers allowed to enter Norway from countries or regions that are defined as high-risk areas will have to quarantine for **10 days** in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway, as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during the quarantine period, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification

Is a coronavirus test required?

Travellers coming from high-risk areas must provide a certificate of a negative COVID-19 test taken less than 24 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes.

If you have visited an area that triggers quarantine duty during the last 10 days, you are required to take a test for the coronavirus upon arrival to Norway.

The test must be taken at the airport or when crossing the border.

Travellers from Great Britain, South Africa or Brazil are subject to specific rules for testing.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:
Travel advice - helsenorge.no
Entry rules
https://www.fhi.no/en/

May I transit this country?

Yes

Transit is possible for citizens of EU Member States + Schengen Associated countries.
For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

General measures

Overview of rules and recommendations

Use of facemasks

Wearing a face mask is recommended or mandatory in some situations. Refer to the website of your local municipality or the municipality you are visiting for information on potential local requirements on the use of face masks.

In areas characterized by **higher epidemiological risk**, further restrictions may apply and the use of face masks is **mandatory** on public transport to/from and within the region as well as inside public places such as shops and malls where it is not possible to keep a distance of one metre from other people. The use of face masks is mandatory also in establishments serving food or alcohol such as restaurants, cafes, bars, pubs, nightclubs etc. This applies to both employees and guests, in all situations except when seated at a table.

When travelling by plane, airline companies require all passengers to wear masks.

It is also mandatory to wear a mask on public transport from the place of arrival to the place where you will stay in quarantine, and in case you leave Norway prior to completing your quarantine period and travel by public transport to your place of departure.

Find out more:

Further instructions on face masks

Physical Distancing

The number of people met in person must be limited. In addition to those who are part of your own household, a maximum of 5 guests is allowed.

Physical distance of at least 1 metre is required (more if and where possible).

Source: https://reopen.europa.eu/en/map/NOR/7001

31.03.2021

From an EU Member State or Schengen Associated Country, may I enter this country without being subject to extraordinary restrictions?

NO

At present, most people cannot travel to Norway without belonging to one of the exceptions. This applies to citizens of all countries, including citizens from the EU/EEA and Nordic citizens. This includes:

- Tourists
- Family members not listed under the Exceptions: close family members section
- boyfriend/girlfriend or fiancé;
- EU/EEA citizens (including Nordic citizens) who are going to work or study in Norway, and who do not belong to any of the exceptions listed below
- persons who have been granted a residence permit to work or study in Norway and who are not already resident here
- business travelers
- foreigners who have been granted a Schengen visa, but who do not belong to any of the exceptions below
- persons who have leisure property in Norway, but are not resident here

List of exceptions (UDI.no)

The testing, travel registration, quarantine, and quarantine hotel requirements will remain in force for travellers who are exempt from the entry restrictions.

Vaccination does not currently affect quarantine requirements or test recommendations.

Is a quarantine required?

All travellers (including those who are resident in Norway) allowed to enter Norway from countries or regions that are defined as high-risk areas must complete a **10-day quarantine** in a designated hotel. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during the quarantine period, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

The quarantine period may be shortened by taking a second PCR test no less than 7 days after arrival. If the result of this test is negative, the period of quarantine can end.

Entry quarantine upon arrival in Norway from red countries /regions

Is a coronavirus test required?

All travellers from high-risk areas are subject to the requirement for a pre-departure negative COVID-19 test. Approved test methods are PCR or rapid antigen test. The test must be taken within 24 hours prior to arrival. For people arriving by plane, 24 hours apply before the scheduled departure time of the first flight.

The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway.

This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes.

The requirement does not apply to people who can document with an approved laboratory method that they have undergone COVID-19 during the last six months.

Test upon arrival: Anyone who has stayed in an area with a quarantine duty during the last 10 days before arrival has a duty to be tested at the border crossing point upon arrival in Norway. The test must be either PCR or rapid antigen test. In the case of a positive rapid antigen test, the person must take a PCR test within 24 hours of arrival.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:
Travel advice - helsenorge.no
International Travel rules
Entry rules
https://www.fhi.no/en/

Documents you need to travel in Europe

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

At present, most people cannot travel to Norway without belonging to one of the exceptions. This applies to citizens of all countries, including citizens from the EU/EEA and Nordic citizens. This includes:

- Tourists
- Family members not listed under the Exceptions: close family members section
- boyfriend/girlfriend or fiancé;
- EU/EEA citizens (including Nordic citizens) who are going to work or study in Norway, and who do not belong to any of the exceptions listed below
- persons who have been granted a residence permit to work or study in Norway and who are not already resident here
- business travelers
- foreigners who have been granted a Schengen visa, but who do not belong to any of the exceptions below
- persons who have leisure property in Norway, but are not resident here

Some of the exceptions:

- foreigners residing in Norway
- foreigners who have been granted a family immigration permit
- foreigners who will visit or live with close family members in Norway
- spouse or registered partner
- foreigners who are going to have scheduled contact with their children
- journalists and other personnel on behalf of a foreign media institution
- foreigners who are going to stopover at an airport in Norway (both in international airport transit and within Schengen)

Complete list of exceptions (UDI.no)

The testing, travel registration, quarantine, and quarantine hotel requirements will remain in force for travellers who are exempt from the entry restrictions.

Vaccination does not currently affect quarantine requirements or test recommendations.

Is a quarantine required?

All travellers allowed to enter Norway from countries or regions that are defined as high-risk areas will have to quarantine for **10 days** in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway, as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during the quarantine period, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification

Is a coronavirus test required?

Travellers coming from high-risk areas must provide a certificate of a negative COVID-19 test taken less than 24 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes.

If you have visited an area that triggers quarantine duty during the last 10 days, you are required to take a test for the coronavirus upon arrival to Norway.

The test must be taken at the airport or when crossing the border.

Travellers from Great Britain, South Africa or Brazil are subject to specific rules for testing.

Additional Travel Documentation

Everyone travelling to Norway must complete the registration form prior to crossing the border. This also applies to Norwegian citizens.

After completing the digital registration, you will receive a receipt which you must then present to the police at the border control. You cannot register your journey any earlier than 72 hours prior to the time of arrival.

Find out more:
Travel advice - helsenorge.no
Entry rules
https://www.fhi.no/en/

May I transit this country?

YES

Transit is possible for citizens of EU Member States + Schengen Associated countries.
For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

May I enter this country by road transport?

PARTIALLY

Most people cannot travel to Norway now without belonging to one of the exceptions.
Driving abroad

May I enter this country by train?

PARTIALLY

Most people cannot travel to Norway now without belonging to one of the exceptions.
Rail passenger rights

May I enter this country by sea transport?

PARTIALLY

Most people cannot travel to Norway now without belonging to one of the exceptions.
Ship passenger rights

General measures

Overview of rules and recommendations

Health cover for temporary stays

Use of facemasks

Wearing a face mask is recommended or mandatory in some situations. Refer to the website of your local municipality or the municipality you are visiting for information on potential local requirements on the use of face masks.

In areas characterized by **higher epidemiological risk**, further restrictions may apply and the use of face masks is **mandatory** on public transport to/from and within the region as well as inside public places such as shops and malls where it is not possible to keep a distance of one metre from other people. The use of face masks is mandatory also in establishments serving food or alcohol such as restaurants, cafes, bars, pubs, nightclubs etc. This applies to both employees and guests, in all situations except when seated at a table.

When travelling by plane, airline companies require all passengers to wear masks.

It is also mandatory to wear a mask on public transport from the place of arrival to the place where you will stay in quarantine, and in case you leave Norway prior to completing your quarantine period and travel by public transport to your place of departure.

Find out more:

Further instructions on face masks

Physical Distancing

The number of people met in person must be limited. In addition to those who are part of your own household, a maximum of 5 guests is allowed.

Physical distance of at least 1 metre is required (more if and where possible).

To know more:
Life in the time of COVID-19
Social distancing to prevent transmission

Source: https://reopen.europa.eu/en/map/NOR/7001

28.01.2021

From an EU Member State or Schengen Associated Country, may I enter this country without being subject to extraordinary restrictions?

Partially

Norway adopts its own national classification of risk areas, hence travel restrictions for Norway are not based on the common "EU Traffic Lights" map.

Entry from EU Member States and Schengen Associated countries is allowed without restrictions only from countries or regions that are not defined as high-risk areas. The Norwegian Institute of Public Health provides a **map of affected areas**, which is updated regularly.

Is a coronavirus test required?

Travellers coming from high-risk areas must provide a certificate of a negative COVID-19 test taken less than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

Is a quarantine required?

All travellers entering Norway from countries or regions that are defined as high-risk areas will have to quarantine for **10 days** in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway, as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during the quarantine period, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification
If you arrive from a "**low-risk**" (green or yellow) area, you are exempt from quarantine.
If you arrive from a "**high-risk**" (red or striped) area, a 10-day quarantine is **mandatory**.
Striped areas are not evaluated or there are insufficient data about the infection rates.

Find out more:
https://www.fhi.no/en/

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

Specific measures for the new variant of coronavirus

Norway has announced additional restrictions on travel to /from the UK until 27 December with the possibility of a further extension into 2021. For more information, see the information from the Norwegian government, as well as from the Norwegian Directorate of Immigration. In addition to existing restrictions, until 10 January travellers from the UK will be required to:

- Take a PCR test within 24 hours of arrival and a second test no earlier than 7 days after arrival
- Register on arrival
- Notify your local municipality where you are staying

All those who have travelled to Norway in the last 14 days are asked to immediately take another PCR test and to inform the municipality where they are staying.

See also:
Commission adopts Recommendation on EU coordinated approach to travel and transport in response to a new variant of coronavirus in the UK (22 December 2020)

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification
If you arrive from a "**low-risk**" (green or yellow) area, you are exempt from quarantine.
If you arrive from a "**high-risk**" (red or striped) area, a 10-days quarantine is **mandatory**.
Striped areas are not evaluated or there are insufficient data about the infection rates.

Furthermore, people coming from high-risk or striped areas must provide a **certificate of a negative COVID-19 test** taken no more than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

Find out more:

https://www.fhi.no/en/

May I transit this country?

Yes

Transit is possible for citizens of EU Member States + Schengen Associated countries.
For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

General measures

What measures apply in your local area?

Health cover for temporary stays

Use of facemasks

The use of masks is not required in public. However, when travelling by plane, airline companies require all passengers to wear masks. More in depth, the use of face masks is recommended when travelling by public transport to, from and within Oslo as well as for public transport in the Indre Østfold Region (Indre Østfold, Marker, Rakkestad, Skiptvedt municipalities) when there are many people on board and it is impossible to keep a 1 metre distance from others. In certain situations, stricter rules could be in place and wearing of facemasks can become compulsory.

In areas characterized by a **higher epidemiological risk**, further restrictions may apply and the use of face masks is **ma ndatory** on public transport to/from and within the region as well as inside public places such as shops and malls where it is not possible to keep a distance of one metre from other people. The use of face masks becomes mandatory ualso in establishments serving food or alcohol such as restaurants, cafes, bars, pubs, nightclubs etc. This applies to both employees and guests in all situations except when seated at a table.

Find out more:

Futher instructions on face masks

Physical Distancing

On 05.11.2020, the Government recommended to everyone to stay at home and limit social contact with other people as much as possible.

Physical distance of at least 1 metre is required (and more if and where possible).

To know more:

Life in the time of COVID-19

Social distancing to prevent transmission

20.12.2020

Additional restrictions on travel to/from the UK are in place for 48 hours from 21 December. These restrictions may be extended. For more information, see the information from the Norwegian government.

May I transit this country?

Yes

Transit is possible for citizens of EU Member States + Schengen Associated countries.
For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

From an EU Member State or Schengen Associated Country, may I enter this country without being subject to extraordinary restrictions?

Entry from EU Member States and Schengen Associated countries is allowed without restrictions only from countries or regions that are not defined as high transmission areas. The Norwegian Institute of Public Health provides a **map of affected areas**, which is updated regularly.

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

What are the rules to enter this country from outside an EU Member State or Schengen Associated country?

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification
If you arrive from a "**low-risk**" (green or yellow) area, you are exempt from quarantine.
If you arrive from a "**high-risk**" (red or striped) area, a 10-days quarantine is **mandatory**.
Striped areas are not evaluated or there are insufficient data about the infection rates.

Furthermore, people coming from high-risk or striped areas must provide a **certificate of a negative COVID-19 test** taken no more than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

Find out more:

https://www.fhi.no/en/

07.12.2020

Entry Restrictions

Entry from EU Member States + Schengen Associated countries is allowed without restrictions, unless a country or region is defined as high transmission area. The Norwegian Institute of Public Health provides a **map of affected areas**, which is updated regularly.

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Rules and Exceptions

Map with risk classification
If you arrive from a "**low-risk**" (green or yellow) area, you are exempt from quarantine.
If you arrive from a "**high-risk**" (red or striped) area, a 10-days quarantine is **mandatory**.
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Furthermore, people coming from high-risk or striped areas must provide a **certificate of a negative COVID-19 test** take n less than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Som e exceptions may occur as well.

Transit

Transit is possible for citizens of EU Member States + Schengen Associated countries.
For updated information on countries and measures you can visit the page on the infection control advice for travel and entry quarantine

Third country nationals

All travellers entering Norway from countries or regions that are defined as high transmission areas will have to quarantine for 10 days in a designated hotel. The requirement to stay in a designated hotel does not apply to people who reside in Norway or own a home or holiday home in Norway as well as a suitable place to stay during the quarantine period. When you arrive in Norway from a high-risk country, you should travel directly to an appropriate place to stay during quarantine, preferably by private transport. If you need to use public transport, wearing a face mask throughout the journey is strongly required.

Map with risk classification
If you arrive from a "**low-risk**" (green or yellow) area, you are exempt from quarantine.
If you arrive from a "**high-risk**" (red or striped) area, a 10-days quarantine is **mandatory**.
Striped areas are not evaluated or there are insufficient data about the infection rates.

Furthermore, people coming from high-risk or striped areas must provide a **certificate of a negative COVID-19 test** take n no more than 72 hours before entry. The certificate must be in Norwegian, Swedish, Danish, English, French or German. Foreign nationals who cannot document a negative Covid-19 test upon arrival can be refused entry to Norway. This requirement does not apply to Norwegians, people living in Norway, people in transit or people who frequently cross the border from Sweden and Finland for work purposes. Some exceptions may occur as well.

Mandatory Travel Documentation

No additional documentation is required.

Find out more:

https://www.fhi.no/en/

18.08.2020

Travelling to Norway
Anyone arriving in Norway from abroad shall be in quarantine for 10 days, with the exception of specified countries in Europe with sufficiently low transmission.

The **updated map** showing areas affected by quarantine upon arrival in Norway is available on the Norwegian Institute of Public Health website.

Travelling from Norway or returning to Norway
The Ministry of Foreign Affairs advises against all travel abroad that is not strictly necessary.

Rules and Exceptions
The requirements for quarantine do not apply to travellers who are resident in countries in the EU/EEA/Schengen area with fewer than **20 cases per 100,000 inhabitants** during the last two weeks, and fewer than **5 per cent positive tests on average** per week over the last two weeks. In addition there is a comprehensive assessment of the countries, based on trends in infection rate and other relevant information. Assessments are made on a regional level when it is possible.

Map with risk classification
In "**green** areas" transmission is considered to be lower and quarantine is not required upon arrival in Norway (currently, **n o countries are marked as green**).
If you arrive from a "**yellow**" area, you are exempt from quarantine.
If you arrive from a "**red**" area, quarantine is mandatory.
If you arrive from a "**grey/red**" area, quarantine is mandatory.
Striped areas are not evaluated or there are insufficient data about the infection burden.

Find out more:
https://www.fhi.no/en/

Documents you need to travel in Europe

Source: https://reopen.europa.eu/en/map/NOR

Source: WCO/Norwegian Customs

30.03.2020

The English version of the Norwegian Customs website (https://www.toll.no/en/) includes a section with frequently asked questions (FAQ) regarding the COVID-19 pandemic:

FAQ regarding COVID-19

The information on the website will be updated continuously.

For questions relating to travel and other measures taken against the spread of COVID-19, please visit the Norwegian Institute of Public Health's homepage at www.fhi.no.

If you have any questions about customs clearance, please call our information centre on (+47) 22 86 03 12.

Quarantine for 14 days for everyone coming from outside the Nordic countries. (12.03.2020)

In addition, the Norwegian Institute of Health encourages everyone to avoid journeys that are not strictly necessary (both domestic and international).

Start date: 12.03.2020

End date: 26.03.2020

Further information: https://www.fhi.no/en/news/2020/norwegian-directorate-of-health-implemen...

Source: European Commission

Information about travel restrictions and impact on transport



Further information:

https://ec.europa.eu/transport/sites/transport/files/norway_...

Source: https://ec.europa.eu/transport/coronavirus-response_en