



# SONS of NORWAY



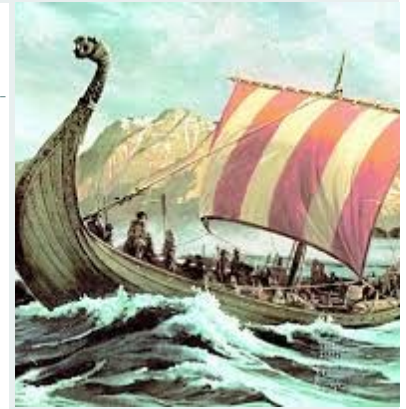
Jan.. 2023

Walworth County, WI

## Norsemen of the Lakes 5-650

Godt nytt år til alle og god helse. (Happy New Year to all and good health.) I hope you have not received the nasty weather I have been hearing of from the Midwest. I know that other parts of the country have been hammered pretty hard. Here the weather has been moderate with a little rain last week, which we always need.

We, of course, are not meeting in Jan and Feb, and I don't think we will meet in March either. But we will meet in April, I think, and Vice President Kathy Norquist will preside in my stead. (Thank you Kathy.) In the mean time, I will try to attend the Lodge in Sun City West and perhaps show them what we have been doing over the season.



### Gratulerer med dagen

#### January Birthdays

Denis Westgor	8th
Deb Weber	11th
Cathy Nolan	23rd
Trevor Wilson	27th

### The King of Norway's New Year Message 2023

January 1, 2023 by David Nikel

**King Harald used his traditional New Year's speech to highlight global troubles, welcome new refugees to Norway and encourage everyone to look after one another.**

A Norwegian New Year's Eve isn't just about fireworks and parties. **The King of Norway** also appears on national television in the early evening. It had been uncertain if this year's speech would go ahead given the King's recent health issues. He was taken to hospital during December but released in time for Christmas. (If you read Norwegian, you can read the **full transcript here.**)

#### LOOKING AFTER EACH OTHER

A theme that dominated his speech was the importance of looking after one another. He began the message by saying that "as humans, we need to feel that we can do something so that life will be as good as possible, both for ourselves and for people we love."

"This is especially important in troubled times, when we are faced with challenges that are difficult to do anything about for each and every one of us. One can easily feel powerless. But it's precisely then we have to look up to gain perspective, and recognize that we need each other," he added.

"It is a time to see each other now," said the King, referring to a message given on last year's World Mental Health Day: "We need each other – raise your gaze."

#### INTERNATIONAL ISSUES

The King highlighted the conflict and drama experienced by many throughout 2022. In particular, King Harald called out Russia's invasion of Ukraine and the resulting instability.

"With Russia's brutal warfare in Ukraine, a new seriousness has come over our part of the world," he said. He also recognized Norwegians who have contributed to help people around the world including through humanitarian works.

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#### CALENDAR

**Next meeting:**  
Planned for April

# Norway's Chess Champ Now "The Greatest"

January 2, 2023

NewsinEnglish.no/**Nina Berglund**

**Norwegian chess star Magnus Carlsen was being hailed once again this week, after a dramatic year that ended with new World Championship titles in both rapid and blitz chess. That leaves him with a total of 15 World Championships so far, adding to his already legendary status.**

Norwegian Broadcasting (NRK) followed Carlsen in action in Almaty this week, reporting daily on Carlsen's progress and what NRK calls "historic" victories. Here he's telling NRK how he was "extremely satisfied. It's never easy in these things here. It ended well regardless."

PHOTO: NRK screen grab



"He's the greatest chess player of all time," declared Torstein Bae, chess commentator for Norwegian Broadcasting (NRK). "It's not possible to say anything else."

Carlsen, a **chess prodigy as a child from suburban Oslo** who **won his first classic World Championship in 2013**, was characteristically playing down all the hype after his latest triumphs in Almaty, Kazakhstan. "It was nerve-wracking," he told NRK, "but I'm satisfied." He later added "extremely" satisfied.

Asked whether he thinks he's the world's greatest chess player, Carlsen smiled and told NRK "I don't know," while adding that making a case for such lofty status "hasn't gotten any worse after these days here." He now holds five world championship titles in classic chess, four in rapid chess and six in blitz chess.

**It was a dramatic week as well**, with Carlsen often appearing disheveled and repeatedly running his fingers through a bushy head of unusually long hair, while mumbling almost incoherently in brief statements to his homeland's state broadcaster. On Thursday he also literally had to run into the opening game of the blitz tournament, arriving just 40 seconds before start time and clad in jogging pants and a hooded sweatshirt.

"It was my mistake, I got caught in traffic," he told NRK after the match. "It took forever, and it was frustrating, but it ended okay." NRK later reported that Carlsen and fellow Norwegian chess player Benjamin Haldorsen had gone skiing in the mountains outside Almaty earlier in the day, and then ran into traffic trouble on the way back.

**"It was a good ski trip** but there wasn't much time on the clock when we came in," Haldorsen told NRK. He lost his first game and news bureau NTB reported that Carlsen was also reprimanded over his unprofessional clothing. Carlsen retained full control over his chess-playing, though, won his match and then kept winning, just days after also winning the world championship in rapid chess in Almaty.

Norwegian chess expert Atle Grønn is also convinced that Carlsen is now the best chess player of all time, even after voluntarily bowing out earlier this year of the World Championships in classic chess and thus not defending his title. He's also been caught this year in a dramatic feud with American chess player Hans Niemann over alleged cheating by Niemann, who has since sued Carlsen and four others for alleged libel and slander.

Despite Carlsen's withdrawals from the classic World Championship and, later, the Sinquefeld Cup tournament that's part of the Grand Chess Tour and was tied to the dispute with Niemann, he's still widely viewed as the king of chess. "Magnus has brought something entirely new in chess," Grønn told NRK. "He has made rapid and blitz chess serious World Championship disciplines. Not only has he given them legitimacy, he's also won all these titles."

**"He has revolutionized the sport of chess,"** Grønn continued. "More than perhaps how he's revolutionized the science of chess and the art of chess, he has revolutionized the sport of chess." Winning both rapid- and blitz chess at the same time was also considered almost statistically impossible, but Carlsen has achieved that, too, also in 2014 and 2019.

He's still only 32 and says he has no plans to step down from his place at the top. He currently holds the so-called "triple crown" as reigning world champion in all three categories of chess. He has also held the classic championship since 2013 but decided it was time to relinquish it after 10 years, in 2023. He also said he was glad he took the ski trip that almost spoiled his rapid chess title.

"I was just so glad to get up to the mountains," he said. It was hard to gather energy down in the city, but he thinks it helped him to get out and ski. It certainly didn't hurt.

# Hyundai Will Only Sell EVs In Norway Starting Next Year

NORWAY IS THE WORLD'S MOST EV-FRIENDLY CAR MARKET SO MUCH SO THAT HYUNDAI IS GIVING UP ON ALL FUEL-BURNING VEHICLES IN THE COUNTRY.

Dec 29, 2022 at 11:44am ET

By: **Andrei Nedelea**

Norway is way ahead of most countries when it comes to the proportion of electric vehicles on the road and the rate at which people are switching from internal combustion to EV. Most new cars in the country have a plug, and of those the majority are pure EVs, which is why Hyundai has decided that starting January 1st of 2023 it will stop selling fuel-burning vehicles altogether in the nordic nation.

The South Korean automaker took this bold step knowing that it won't really have a major impact on its Norway sales, especially after it saw [how much interest](#) its new [Ioniq 6](#) model got in the country. Thomas Rosvold, the Managing Director at Hyundai Motor Norway, said that "We have great faith in our model portfolio, and now that we have launched the all-new IONIQ 6, the time has come to sell only all-electric cars in the Norwegian market. IONIQ 5 and KONA Electric have long since taken positions as some of the most popular cars in the market, and we are confident that our pure electric cars will bring us continued success into the future."

This comes after in 2020 Hyundai announced that it would only sell plug-in vehicles in Norway. As of next year, though, Hyundai will only sell the the [Ioniq 5](#), Ioniq 6 (pictured) and [Kona Electric](#) in Norway. All of these models are quite popular (even the older Kona, which is set to be replaced by a [heavily revised model next year](#)) and the automaker is confident that this change won't affect its business in the country.

[Hyundai](#) expects BEVs to account for around 93 percent of its Norway sales in 2022, up from around 90 percent in 2020 and 2021. The company notes that of the 25,000 vehicles it has delivered in Norway from 2020 through 2022, around 92 percent are fully electric, and it is now one of the country's most popular car brands. Thomas Rosvold explains that

Recently, we also got to see the first images of the new generation KONA Electric, and it is a model that will be both larger, more stylish and more dynamic than before. Alongside a number of other innovative models coming in the next few years, we are, in other words, primed for an all-electric future.



*Hyundai Ioniq 6 in Norway*

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## Norway's Biggest News Stories in 2022

December 26, 2022 by [David Nikel](#)

**We take a look back at some of the biggest news stories to break in Norway during the last 12 months.**

From the cost-of-living crisis fed by surging electricity bills to a walrus that achieved global fame before being put down by Norwegian authorities. Norway's biggest news stories sure were diverse this year.

If you're interested in news, be sure to sign up for our [Norway Weekly newsletter](#). Sent every Tuesday, it rounds up the latest news headlines plus includes all the latest content produced by the Life in Norway team.

### **Freya the walrus**

There can't be many times a country's prime minister has been forced into commenting on a case involving a walrus. But that's exactly what Norwegian prime minister [Jonas Gahr Støre had to do](#) back in August.

Støre backed the decision of Norwegian authorities to euthanise Freya, the celebrity walrus. Freya had unintentionally achieved celebrity status around the world after moving into the Oslofjord and sun-bathing on boats, sinking some.

Cont. p. 7



# Lake Mjøsa: Introducing Norway's Largest Lake

December 30, 2022 by [David Nikel](#)

**From Olympic venues to shipwrecks deep under the water, lake Mjøsa is full of surprises. Here's our guide to Norway's biggest lake.**

An hour or two north of Oslo, the Y-shaped Lake Mjøsa defines much of eastern Norway. Surrounded by important agricultural land, the lake saw the founding of three towns and as such, was once an important transport route. Today the lake is used for fishing, leisure boat trips and drinking water for some local municipalities.



When gazing out over Mjøsa from the railway, you could be forgiven for thinking the calm water isn't especially deep. In actual fact, its deepest point is farther below sea level than the vast majority of the Skagerrak off Norway's south coast.

## Lake Mjøsa in numbers

Let's get started by looking at some numbers:

**100,000:** Number of people who get drinking water from the lake

**117 km:** Length of Mjøsa

**15 km:** Width of Mjøsa at its widest point

**369 sq km:** Area of Mjøsa

**56 cubic km:** Estimated volume of water

## Visit Lake Mjøsa

Stretching from Minnesund in Eidsvoll all the way up to Lillehammer, Mjøsa covers approximately 369 square kilometres of eastern Norway. The best-known towns on the lake's shore are Lillehammer, Hamar and Gjøvik. Thanks to its status as **host of the 1994 Winter Olympics**, Lillehammer is the best-known town on Mjøsa. The Norwegian Olympic Museum and Maihaugen open-air museum are among the attractions.



*Skibladner steamship carries tourists on Lake Mjøsa in Norway.*

Skibladner is the world's oldest paddle steamer still in regular operation, having sailed for over 165 years. As the only paddle steamer in operation in Norway, Skibladner is one of the biggest tourist attractions aside from the towns.

Just a few kilometres south of Hamar, **Atlungstad Brenneri** is an historic aquavit distillery. The facility has distilled its famous Norwegian cask-aged aquavit since

1855. Tours are available of the site by knowledgeable guides that explain the history, production process, people and passion behind Atlungstad.

## History of the Mjøsa region

During the Viking Age, the lake served as an important trade route, although precise details are scarce. There are signs of human settlement around Lillehammer dating back to the Iron Age. Between the years 500 and 1000, the Åker farm was an important power center in Norway. It was just a few kilometers away from present-day Hamar. The center was moved to present-day Hamar sometime before 1152, possibly at the instruction of **Harald Hardråde**.

Thomas Robert Malthus traveled through Norway in 1799 and his diaries from the trip includes a description of Mjøsa. He wrote that Mjøsa appears as both lake and river because the shores are defined by mountains and where the valley becomes wider the water fills the space.

Prior to the development of the railways, the water was a key transport link between the farms and towns that grew up around its shoreline. The new railway line from Christiania (Oslo) to Eidsvoll was completed in 1851. This helped the towns of Mjøsa grow, as cargo such as timber and agricultural goods could be transported by rail to Eidsvoll and then onto Lillehammer and other towns by steamship along the lake.



Lake Mjøsa under ice near Hamar.

**Lillehammer:** Host of the 1994 Winter Olympics, **Lillehammer** is known throughout the world. The legacy of the games remains, with the town and its surroundings a popular winter sports resort.

**Hamar:** The town is home to two venues that hosted figure skating and speed skating events at the 1994 Winter Olympics. It's an important town on the **Norwegian railway system**, as the Røros Line branches off the main Oslo to Trondheim line here. The Norwegian Railway Museum is located here.

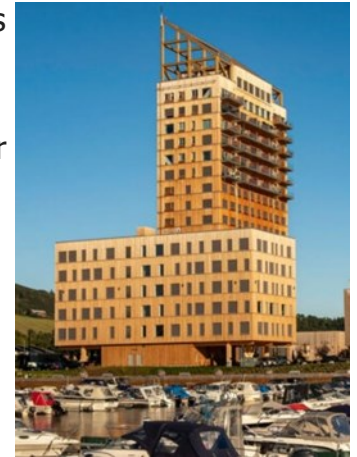
**Brumunddal:** A small, compact town surrounded by farmland, Brumunddal is known for its **wood hotel**. It's the tallest timber building in Scandinavia and possibly even the world.

**Gjøvik:** By far the biggest settlement on the western side of the lake, Gjøvik grew on the success of its glassworks. The town hosted 16 ice hockey matches for the 1994 Olympics in the **world's largest cavern hall** for public use.

**Kapp:** About 14km south of Gjøvik, Kapp is a stop for the Skibladner tourist steamship. Kapp is the largest area in Østre Toten, one of Norway's most productive agricultural regions.

**Eidsvoll:** Linked by a short stretch of the river Vorma to Minnesund on the lake's shoreline, Eidsvoll played an important role on the trade route from southern Norway to the towns on the Mjøsa. The nearby **Eidsvoll Manor House** was the host of the signing of the Constitution of Norway.

**Helgøya:** The only island in Mjøsa has been linked to Nes on the mainland since 1957 by a road bridge. The 18.3-square-kilometre island is packed with farms and is home to a 19th-century white, wooden church.



Wood Hotel in Brumunddal. Photo: Kristin Spalder / Shutterstock.com.

### Cycling routes around Mjøsa

Are you a keen cyclist? Then a bike ride around the lake could be for you. Such a tour offers beautiful landscapes with important cultural heritage, a handful of beaches and intriguing towns and villages.

The first leg of the recommended route goes from Lillehammer to Brumunddal, followed by a day trip to Nes and Helgøya through abundant cornfields and orchards. Continue further along the shoreline to Hamar, where you can catch a ride on the paddle steamer Skibladner across to Kapp. Spend the night in Gjøvik before cycling back to Lillehammer.

The trip outlined above follows parts of the marked cycle route "Mjøstråkk" that circles the entire lake. There are many opportunities to stop and take detours along the route.

### Shipwrecks of Mjøsa

A few years ago, the Norwegian Defence Research Establishment conducted two ROV inspections of areas of the lake where large amounts of munitions had been dumped. Such munitions posed health risks, as the lake is a source of drinking water.

The project to map the 363-square-kilometre lake bed using high-resolution sonar technology discovered a fascinating shipwreck. In remarkable condition with unique stem posts and overlapped planks, the vessel is estimated to date between the 1300s and 1800s.



"Wooden shipwrecks can be very well preserved in freshwater, since they lack the organisms that usually eat wood that are found, for instance, in the ocean," said Øyvind Ødegård, a senior researcher in marine archaeology at NTNU **to CNN**. "I assume that if we are going to find intact Iron Age or medieval vessels in Norway, then Mjøsa would be the place to look, since it's big enough to have had its own distinct maritime history with a lot of seafaring and trade." As mentioned earlier, the lake served as an important trade route although details are scarce. "No matter what the age, any find will help us to understand better how the development in shipbuilding tradition was



# Wood Burning Stoves in Norway Explained

October 3, 2022 by [Daniel Albert](#)

**In Norway, wood burners are a common sight in houses, apartments and cabins. Here's what you need to know about this important heating source.**

**If you've ever been to Norway, you may have noticed how widespread chimneys are, even in large cities like Oslo. On a cold winter's day, you will see smoke rising from many of them.**

Wood burner in a Norwegian cabin. Photo: Antonio Galvez Lopez / Shutterstock.com.



Heating with wood is common in most northern regions of the world. But wood burners in apartment buildings, which are very common in Norway, are almost unheard of in many large American cities.

In New York city, for example, the [installation of new fireplaces and wood burning stoves was completely banned](#) a few years ago. In many other cities, heating with wood is not banned but will increase the cost of your house insurance premiums.

So why are wood burning stoves still so popular in Norway? Let us dive in and explore the many reasons which make this heat source a viable option in the country.

## TRADITION OF WOOD BURNING STOVES IN NORWAY

Let's get the obvious reason out of the way right from the start. There is a tradition for heating with wood in Norway because for centuries, that was really the only option.

Sure, you could burn other fuels – turf and cow dung are known to have been used historically – but wood has always been the fuel of choice through the ages.

## A SOLUTION FOR NORWAY'S CLIMATE

Heating may merely improve comfort further south, but in places like Norway, it is a life necessity. Drying, cutting and stacking a woodpile has always been one of the many tasks that needed doing before winter set in.

Most larger cities in Norway are located at sea level, which helps keep winter temperatures mild (relatively speaking). Places that are further inland, like Røros and Kautokeino, are more likely to experience periods of extreme cold.

## KOSELIG

[The very Scandinavian concept of kos](#) comes into play when explaining the popularity of heating with wood. A crackling fireplace is a cozy thing indeed, and may be just the right antidote for a long, dark winter. Some research has shown that [orange light, such as the one emitted by fireplaces, has a calming, sleep-promoting effect](#). This can really come in handy in the evening during the dark season, when the body's circadian rhythm is confused by the lack of daylight.



Winter scene in Lofoten, Norway.

## A BACKUP SOLUTION FOR HEATING

Don't put all your eggs in the same basket, as the saying goes. When it comes to heating, that means don't rely exclusively on one source of heating like electricity or a [district heating system](#). If you rely on electric heating and the power goes out for more than a couple of hours when the temperature is below -15°C (5°F), you're in trouble. Many residents of Quebec were glad they had other options than electricity during the [great ice](#)

[storm of 1998](#), when the power went out for weeks on end in the middle of winter.

Several deaths that did occur were due to people not being able to keep warm. Others were due to people trying to keep warm by burning fuel without a proper way to evacuate toxic gases. In that sense, the prevalence of wood heating in Norway means that the country is better prepared to face a similar disaster.

## THE LOOMING THREAT OF HIGH ELECTRICITY PRICES

Electricity prices in Norway go up and down according to demand and have been doing so for a number of years. While electricity prices have historically been quite low in the country due to an abundance of hydropower, many still remember the winter of 2003. That year, a mid-winter electricity price spike made it very advantageous to burn wood for heating. In many people's minds, that winter underlined the importance of having more than one option for heating. In December of 2021, a [new electricity price](#)

spike had the same effect. The spike has since been made even worse by the war in Ukraine and its effect on the European energy market.

### BENEFITS FOR NORWAY'S ENERGY SYSTEM

Since many people tend to use their wood burning stoves on the very coldest days, it can be argued that heating with wood benefits the country's energy system. By reducing the strain on the grid on the days where electricity consumption is at its highest, wood burning stoves help make the energy system as a whole more robust.

At warmer latitude, the same energy-system-supporting effect can be attained with solar panels. Peaks in consumption in warm countries often happen on the very hottest days, because of air conditioning. This means that the peaks will coincide with the peaks in production by solar panels. In Norway, short winter days mean that solar panels will be at their minimum levels of production during mid-winter.

### THE DOWNSIDES OF WOOD BURNING STOVES

The coin has two sides of course, and heating with wood does have disadvantages. The obvious one is that it creates smoke. In an urban environment where many people may fire up their stoves on a cold day, this can mean smog-like conditions. Since fjord cities like Oslo and Trondheim are next to Gulf stream heated waters, the smog effect can be compounded on cold days by an effect called "temperature inversion". Essentially, this effect acts as a kind of atmospheric "lid" preventing the air from circulating, and worsening the smog.

This problem can be mitigated in several ways. Not using the fireplace or wood stove during a temperature inversion days is one, but since those days are often the coldest ones, this solution is not always ideal.

Another solution is to make sure the stove is modern, and that it is used according to its manufacturer's instructions. Recent wood burning stoves combust the wood and gases much more efficiently, which results in fewer harmful emissions. As a bonus, modern stoves are also more efficient. This means that they generate more heat from the same amount of wood.

When heating with wood, some smoke or gases can get into your house or apartment. This is particularly true in apartment buildings where many units share the same chimney. To avoid this, make sure you use the stove properly, particularly with regards to regulating the air intake. Ensure that there is no "negative pressure" in the house caused by air being pumped out (by a bathroom or kitchen fan, for example).

Also, when opening the stove door, do it slowly, so as not to create a vortex that sucks harmful gases out. Burning anything creates emissions, notably of CO<sub>2</sub>, but also of other more potent greenhouse gases such as methane and nitrous oxide. Again, a modern stove, used properly, will have lower emissions.

Another factor to consider is that wood is a biofuel, meaning that the carbon it contains is part of an ongoing cycle and was already in the atmosphere before it was captured by a tree. This is in opposition to carbon from fossil fuels, which was sequestered underground and is effectively added to the atmosphere when burned.

That being said, there is no getting around the fact that heating with wood generates more greenhouse gases than heating with renewable electricity. For this reason, heating with wood is probably best saved for the very coldest days. Because those days are also typically the ones when the electricity price is at its highest in Norway, that is when wood stove users will get the most bang for their logs, so to speak.

On a normal day, when there is just a slight chill in the air, stick to conventional electric heating or even better, a heat pump.

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### BIGGEST STORIES 2022 CONTINUED

Despite continued warnings, people continued to get too close to Freya, which authorities said put themselves and the animal at risk. Due to the continued crowds, the Directorate of Fisheries decided that putting down Freya was the best move for both "human and animal welfare."

The walrus "Freya" observed in front of a large crowd at Kadettangen. The image has been blackened out of consideration for the individuals in the image. Photo: Directorate of Fisheries.

Støre backed the decision, saying he was not surprised by the negative reaction around the world. "Norway is a maritime nation, sometimes we have to make unpopular decisions," he said.

### Salmon tax

Norway's controversial 'salmon tax' is perhaps the biggest story of the year that didn't make a global splash. The Norwegian government's [announcement of a ground rent tax](#) on aquaculture and wind power has divided the country's coastal population and city residents.

Essentially, it means that companies that produce salmon, trout and rainbow trout will have to pay ground rent tax on the right to use natural resources. It's a tax that already applies to the (cont. p8)

(**King's Speech** cont. ) Later in the speech, the King said that much has gone the right way in the world until recently, in terms of more people coming out of extreme poverty and more democracy. "I have almost expected that the world will continue to move forward. Unfortunately, I cannot take this for granted anymore," he admitted. "Across large parts of the world, I now see that democratic freedoms are being weakened. Poverty is increasing again. There are many refugees due to war, conflict and climate," he said.

The King addressed those who are now worried about the future. He said he felt for everyone who is now feeling new burdens after some heavy years: "I hope for better times for everyone who struggles and is worried."

## **A welcome to refugees**

Since the beginning of Russia's invasion of Ukraine, [Norway has welcomed](#) tens of thousands of refugees. The King included a message to [all refugees](#) who have come to the country: "I hope that everyone who gets to create a new home in Norway will experience the warmth and safe harbour they seek for themselves and their loved ones."

## **A message for children and youth**

In his speech, the King sent a special message to Norway's young people, urging them to remember that everyone is unique. "There is nothing sick or abnormal about having periods of pain, to be sad and feel that one is not enough. That's how it is for all of us, throughout our lives. This is history's and life's own rhythm. We fall, and we rise. Again and again," he said, adding, "but I rarely manage it alone. We need each other."

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## **BIGGEST STORIES 2022 CONTINUED**

oil and gas and hydropower industries.

Norwegian Finance Minister Trygve Slagsvold Vedum believes the introduction of the salmon tax will equalize differences between Norwegians. It aims to redistribute resources within Norway.

### **Wooden bridge collapse**

A ten-year old [wooden bridge collapsed](#) in Norway's Gudbrandsdal valley in August. Although two vehicles became stuck, none suffered any serious injuries in the incident. Two vehicles were on the bridge at the time with one driver requiring an airlift. *Tretten bridge after the August collapse.*

It was the second collapse of a glulam-style wooden bridge in Norway in just eight years. Following the incident, all other similar bridges in Norway were closed pending an investigation.



### **Cost of living and the energy crisis**

Inflation in Norway hit its [highest levels since 1998](#), driven by increased costs for furniture, fuel and food. But the biggest driver of all was the skyrocketing price of electricity. Prices vary across the country based on many factors, but most parts of Norway have seen [record high electricity prices](#) at some point in the last year. Perhaps this helps to explain why our article on [heat pumps](#) and [wood burning stoves](#) were so popular, with people not just in Norway but all around the world searching for ways to save money on their energy bills.

### **National Day celebrations return**

For the first time in three years, Norwegian communities up and down the land and all over the world were able to properly celebrate the country's Constitution Day without any restrictions. Norwegians in Oslo embraced the good weather to don their national costumes and make the most of Norwegian Constitution Day. Around 30,000 schoolchildren from 130 schools marched through the streets of Oslo. The turnout set a new record number of participants in the traditional morning parade.

### **War refugees from Ukraine**

Back in February, prime minister Jonas Gahr Støre said Norway would accept war refugees from Ukraine. Approximately 40,000 Ukrainians have since arrived in Norway. The Norwegian Directorate of Immigration has stated they expect a [further 40,000 refugees](#) to arrive from Ukraine in 2023.

### **A new Olympic record**

Norway's Winter Olympians were expected to do well in the 2022 Winter Games in Beijing. But their performance surpassed all expectations. The team set a [new record for gold medals](#) won in a single Winter Games. Norway won a total of 37 medals, of which 16 were gold. Biathlete Johannes Thingnes Bø won four gold medals and a bronze.