

YOUR TRAVEL GUIDE

N O R W A Y

Pre-Departure Information

GETTING READY FOR YOUR NORDIC ADVENTURE

Join our private, Photo Circle Group

ALL THE MEMORIES, IN ONE PLACE!



Please join the PhotoCircle group where you can share images and videos of your trip with each other. Your lead hosts will be part of this group and will upload/share all of the photos taken of the group. You decide what to share and what you want to keep private.

[JOIN HERE](#)



Entry Requirements

To visit Norway, a visa is not required for **U.S. citizens** staying less than 90 days within a 180 day period. Your passport must be valid upon the date of entry and up to 6 months AFTER your return date to the U.S.

It is your own responsibility to find out additional visa information and entry requirements if you plan to visit other countries or stay longer than our retreat duration. Below are some links you can refer to ***for travelers from the U.S. If you are not a u.s. citizen, please reach out to your consulate for travel questions and/or requirements to ensure a smooth travel experience.***

U.S. Embassy & Consulate information



Practical Information



POWER OUTLETS

For Norway there are two associated plug types, types C and F. Plug type C is the plug which has two round pins and plug type F is the plug which has two round pins with two earth clips on the side.

Norway operates on a 230V supply voltage and 50Hz. It is advised to travel with an adapter.



TIPPING

Tips are essential for many service industry workers. Your all-inclusive AdZEnture includes a standard tip for all meals and planned excursions. However, if you LOVED an experience and feel like you'd like to offer an additional gratuity for an experience or an excursion, please feel free to do so! Based on previous experience, we advise guests to bring \$50-100USD for additional/optional tips.



CASH & CARDS

Cards are generally accepted everywhere in Norway with the exception of small boutiques and artisans. We suggest guests bring \$100-200USD worth of local currency (NOK) for personal purchases, additional excursions and/or added gratuity.



Cell Phone/Data Plan

CHECK WITH YOUR CARRIER REGARDING INTERNATIONAL RATES

Check with your carrier to understand the international rules/offer for your data/phone plan. If needed, you can usually add an international data plan for the duration of your trip. If that's not an option or expensive, we recommend using an e-SIM.

What's an e-SIM? An eSIM is an industry-standard digital SIM that allows you to activate a cellular plan from your carrier without having to use a physical SIM. You can install eight or more eSIMs on an iPhone and use two phone numbers at the same time.

E-SIM OPTION



Travel Insurance

MEDICAL COVERAGE REQUIRED ON OUR ADZENTURE

Our AdZENTure in Norway is quite active, we do require proof of international medical coverage for all guests. It's possible that your primary insurance holder covers international medical emergencies. Please verify that you have international coverage and provide the policy information in the Guest Form that you receive after submitting your deposit.

Travel insurance is also suggested in the unfortunate instance that guests have to cancel their trip for any reason and are unable to receive a refund from AdZENTures. Please refer to our refund and cancellation policy for more information. If guests are unable to join the retreat, travel insurance will often issue a refund when purchased within 7 days of the original purchase. We advise that all guests book travel insurance within a week of submitting your deposit for your AdZENTure in order to protect your investment!

Medical coverage is required. Travel insurance is not required, it's suggested. Travel insurance often includes air transport in the case of an emergency. Please ask us if you have questions about this and your AdZENTures team can give you some suggestions!

One of the recommended travel insurance providers is IMGlobal because it is designed for adventurous travelers with cover for overseas medical, evacuation, baggage and a range of adventure sports and activities.

IMGLOBAL



Travel Credit Card

CHASE SAPPHIRE

We often receive inquiries from guests as to what we recommend for a travel credit card, the entire AdZENtures Team uses the Chase Sapphire Reserve but the Preferred is also a great option. Both cards have an annual membership fee, so research what works best for you, if you're interested in signing up.

When you sign up for a new card, there are typically travel point incentives (which can help pay for your flight or hotels), no international fees, reimbursement for Global Entry and TSA Precheck as well as access to airport lounges. Not only that, but most **travel expenses purchased on the card, are covered (to a certain extent) through the inherent insurance through the Chase credit card.**

Please note, we are NOT experts and are in no way providing detailed descriptions of what is covered by this card. We are not employees or contractors of Chase. This is simply a recommendation and referral for guests who are interested.

[CHASE SAPPHIRE TRAVEL CARD](#)



Code of Conduct

THE ADZENTURES AGREEMENT

This AdZENture is carefully designed and planned specifically for your group. Our hosts are experts in the destination and have personally curated this retreat to include the very best experiences we could find and create. We ask that you be respectful to our local partners and follow their instructions, especially during our adventures.

Please be mindful of the other guests in our small groups. Be respectful of every person, their opinions and their choices on the retreat.

Unruly, disrespectful, or inappropriate behavior will not be tolerated on this AdZENture, our hosts reserve the right to stop your participation in this retreat and no refund will be provided if this occurs. Additional costs may be incurred for transportation and/or alternative accommodation and AdZENtures will not be responsible for any additional expenses.



Alcohol & Smoking

THE ADZENTURES AGREEMENT

Please note that limited alcohol is provided during certain meals on this AdZENTure. If guests choose to buy additional alcohol to have at the accommodations or with meals, feel free to do so. If you have any concerns regarding this aspect of your retreat, please don't hesitate to reach out to your hosts and we will respond with the utmost discretion.

If you choose to consume alcohol on this trip, please do responsibly and note that others might not want to partake. Please be respectful of the others in the group and their personal choices.

Please note that this is a **no smoking** retreat. If you wish to smoke, you will not be permitted to do so on our retreat premises (i.e. accommodations, transfer vehicles, etc.).



Dietary Restrictions

THE ADZENTURES MEALS

Throughout this AdZENTure, we're excited to immerse you in the vibrant flavors of our local cuisine, thoughtfully curated based on seasonal and traditional foods.

Please note that our menus are not designed for a vegan, vegetarian or restrictive diets, but we do strive to accommodate various dietary needs and restrictions by offering a variety of options for each meal. If you have specific dietary requirements, we'll do our best to make adjustments within the framework of our offerings. Our goal is to introduce you to the rich tapestry of local flavors, and we believe that includes a diverse range of culinary experiences.

If guests require custom meals beyond our standard offerings, there may be an additional fee, similar to an upcharge at a restaurant. We must be notified in advance if special dietary alternatives are requested. We appreciate your understanding and look forward to providing you with a delicious and culturally enriching experience.



Welcome to your Nordic AdZENTure!

ARRIVAL INFORMATION

Our amazing AdZENTure begins on
September 12, 2026 at 1pm!

Pick-up information:
1:00pm at Bergen Airport, Norway



WE CANNOT WAIT TO ADZENTURE WITH YOU!!

