



INN®

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International Network of Norway

Chamber of Commerce and Industry in the
Stavanger Region

www.rosenkilden.com



Winter Newsletter

February 2012

Issue 2 – Year 7

Galleries, Exhibitions & Museums

02. February : Marisa Ferreira

Portuguese artist will have a separate exhibition starting on the second of February at Galleri Sult on Stavanger Harbour.

Exhibitions at MUST – Stavanger Art Museum www.museumstavanger.no



17. February until 8. April

Pernille Kløvedal Helweg has for years been occupied to gather influence from animals and has now displayed her admiration from animals from Copenhagen's Zoological Garden. Come and see the lithographs for yourself!

Until May 13th *Painting in the Paramodern Continuum*

The exhibition shows work from Scandinavian and International artist.

Entertainment

Stavanger Symphony Orchestra (SSO)

www.sso.no

09. February : 1917

The newly appointed Conductor starting in 2013, Christian Vasquez will conduct two pieces by Schoenberg, and Shostakovich, dedicating these pieces to the Russian revolution in the same year.

23. February : Ballet Evening perform "Giselle" in Sandnes Culture House

Directed by Terje Boye Hansen with the National Ballet Company and music performed by the SSO, this ballet classic will be very much enjoyed by everyone!



Folken

www.folken.no

11. February at 21.00

Kylesa (US) + support: Ken Mode (CAN) and Circle takes the Square www.folken.no

Stavanger Culture House

www.stavanger-kulturhus.no

29. February at 17.00 Role Playing

Role playing is a blend of theatre, improvisation, and fantasy. This is open for everyone! Sign up to

helge.risvand@stavanger-kulturhus.no

Sandnes Culture House

www.sandnes-kulturhus.no

7. February at 19.30 : Opera Café

8. February at 20.00 : The Royal Theatre presents a dance production "A Tribute to Ping Pong"

The national dance company performs with the critically-acclaimed Jo Strømgren

OBS! The price per performance is Nok210 however if you buy the Spring Pass (which includes 4 performances), you can see every show for Nok115!

17. February at 19.30 : Elisabeth Andreassen

Cinamateket



Every Thursday at 18.00 all Norwegian cinemas show the same film. The choice can be a classic film or a less well known independent film but it always are films with deep meaning and not films you may ordinarily find in the cinemas. This "Thursday film" began in 2008 and continues to be popular. A great idea for Thursdays in February for sure! There are also viewings of the same movies on Tuesdays at 12.00 for those who are not working. More information found [HERE!](#)

Here is the list of upcoming films in February :

02. February : Pauline on the beach (France, 1983)

09. February : Charade (USA, 1963)

16. February : The Last Waltz (USA 1978)

23. February : Once upon a time in America (USA/Italy 1984)

Family

Winter Holiday 2012 – February 20-24

The annual Winter Holiday this year in Rogaland will take place from February 20th-24th 2012. Children are off from school. The dates vary from place to place in Norway.

Activities for kids : Anytime Anywhere! www.aktiviteterforbarn.no



This is a fantastic place to look up what to do with your kids anytime in a place in Norway. Planning a trip to Oslo with the family but do not know what to do?

Aktiviteterforbarn.no offers the one stop place to get all the information with regards to museums, zoos, sports, festivals and where to host your child's next birthday party!

The website is entirely in Norwegian, but google translates assists with the language barrier of course. *A great place to look for the Vinterferie (winter holiday) coming up!*

The Open Musical Workshop for Kids!

Open Musical Workshop is a music offer that does not need any formal signup. Here the children meet up casually and play instruments with song, they dance and move about. There is of course time to eat and drink. Take with you some snacks and we provide the juice, tea and coffee! Everything ends with a little more music and activities. Price : Nok50 per child. Siblings cost Nok40. The entrance is through the backside of the Culture House in the centre. More information here! <http://kulturverksted.wordpress.com/> **Welcome to the Open Musical Workshop!**

24 February Short animated films at Sølvsberget!



During the "Winter Holidays" happening during week 8 (February 20-24) here you can watch Academy-award winning short animated film "The Danish Poet" and "My grandmother ironed the king's shirts." By Torill Kove. See [here!](#)

Sports & Outdoors

Learn to Ski



When you live in Norway, it would be a pity if you did not try skiing. You might find you do not like it, but an attempt should always be made. For people from countries that enjoy tropical climates and have no snow, skiing is a novelty. When you try to move about on skis, you feel like a duck has got its feet wrong. And when you move down a modest slope in a poor imitation of a skier, you find your legs doing a gradual split, so that you suddenly realize you were

meant for acrobatics after all and not skiing! Skis can be a little costly, so you might not want to invest in a pair before you are sure you want to take up the sport.

Don't be afraid to mention to your Norwegian neighbor that you do not have a pair of skis and are thinking of buying a secondhand pair or borrowing a pair for the day. You will find out that your Norwegian neighbor is quite likely to come over to you with some pairs of secondhand children's skis that their children have outgrown.

To introduce your family to skiing, it is advisable to let the children enjoy the snow. Norwegian children sometimes lie down flat on their backs in the snow and flab their arms and legs in great arcs. They call this action "making angels' wings". It is quite fun and the children will definitely enjoy it. Try it yourself. You might find yourself a quick converter to children's games in the snow!

Learn to Ski with INN in February!

You will learn how to ski, how to go up hills, down hills and how to fall as well.

We will enjoy a great day full of traditional Norwegian culture!

Sign up here! [FEBRUARY 5th](#) Sign up here! [FEBRUARY 26TH](#)

Surfing and Water Sports during the wintertime? Yes!

For more experienced surfers, winter surfing is possible in the Stavanger region with excellent conditions! Higher pressures mean stronger waves, and the water temperatures are no hindrance to modern winter wetsuits. It is important to check the weather forecast before you go, as the winter conditions can change rapidly. Most beaches offer fantastic conditions for wind and waves. Check out your local surf shop for advice and more detailed information.

For updated weather forecasts and wind reports, visit www.yr.no. Wave forecasts and general info pertinent to surf sports are found at www.magicseaweed.com. For a list of beaches in the Jæren area, please visit this website www.regionstavanger.com.

Melsvannet

Melsvannet is located along Rv. 506 between Bryne and Ålgård. Jæren Friluftsråd has now set up a parking lot, toilet facilities and a path around the entire lake, appropriate for wheelchairs and strollers. From the top of the north side of Mesknuten, you get a beautiful view of Jæren. During a “normal” winter it is also possible to ice skate on Melsvatnet, and you can also go skiing in the wintertime around the entire lake. In the summertime this is one of the few lakes in Jæren where bathing is possible!

www.jarenfri.no, www.time.kommune.no



The parking lot to Melsvannet can also serve as a starting point for hikes to Lyngaland or Sælandskogen which was a farmhouse from the migration period times in European history.

Frafjord Spa



A new and wonderful spa experience in the great nature of Frafjord! There is much to enjoy here like a sauna with a view of a salmon river or an indoor bubble bath, or an infrared sauna and electronic massage bench! Groups until 8 people are welcome to attend! Only one hour from Stavanger by car.

Image courtesy of Frafjord Spa.

www.frafjord-spa.no

Swimming



In Stavanger, swimming can be a great activity to do during the winter. It is open early and closes late and is a great inexpensive activity of the whole family. One ticket costs Nok40 but there is also a pass for 6 months for the entire family that costs just Nok1250,- for half a year!

There are four pools in Stavanger, and one outside called Gamlingen, open all year round! Some have a gym as well so you can work out. For more information about public swimming pools, please visit the Stavanger Kommune [Website](#).

Nice to know

The Society of Petroleum Engineers (SPE)

is a professional association with the objective of being a forum for sharing technical expertise and building network across the industry. www.spe.no/stavanger

Local sections of the SPE are established all over the world, where an E&P community exists. SPE Stavanger Section is one of five established sections in Norway, and part of the North Sea Region. There is a main members section with monthly meetings in addition to a young professional group and a student chapter. Globally, SPE has more than 100.000 members in 118 countries.

The next meeting is 15th of February at Hotel Atlantic in Stavanger city Centre. Please drop by our web site www.spe.no to keep updated.

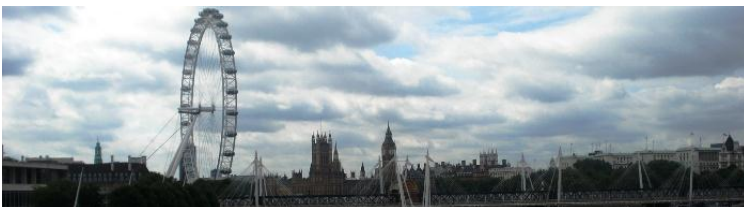
Contact person: Chairman Hein Andre Langåker, Tel: +47 99 28 74 28,
Hein.langaker@eu.weatherford.com

Restaurant N.B Sørensen – First floor



N.B Sørensen is a family restaurant in Stavanger that caters to serving delicious traditional Norwegian dishes in an informal setting decorated in the steamship and maritime style! This restaurant has won awards for its fine cuisine. Café is open almost every day from lunchtime and offers delicious coffees as well. You may book ahead of time for parties. More information here! www.herlige-restauranter.no

Consensio Coaching



Founded by Randi Mannsåker, Consensio Coaching offers skilled experienced coaching which can be the catalyst that moves you forward to success and happiness. Coaching is grounded in the present, focusing on

the future and not the past. As such, coaching creates action-oriented goals. By identifying goals and creating an action plan, a coach can help you focus on achieving success. By keeping you on track and encouraging you to think outside the box, a coach can propel you forward and move you to the next level of success. Coaching provides the opportunity to receive immediate feedback from a trusted and non-judgmental person. Consensio Coaching's programmes are designed to be both challenging and inspirational.

Testimonial

"I would thoroughly recommend Randi's career coaching service. I recently decided to look for a job here in Stavanger but was overwhelmed with the advice and opinions I was getting from all angles. Randi has helped me clarify what my overall goals for re-starting my career are, and her impartial and highly tailored advice has given me the confidence to apply for the right types of jobs for me. She has also given me some very practical advice to help me through my first Norwegian interview process. With her expert help I feel sure I'll find my perfect job very soon!"

Planning a party? Contact Helgåleiren on Oгна Beach



Oгна, Jæren. A beautiful place with everything you could ever think of, and located near Stavanger! (about 50 minutes south) For many years Helgåleiren has been the meeting place for small and large events. Here you can plan courses, conferences, weddings, and family gatherings.

Hear music from accomplished artists, eat delicious homemade food for Sunday dinner.

Just come for a while down to Helgåleiren on Oгна, and see the friends you have not met yet.

Oгна beach is approximately a one hour drive south of Stavanger and slightly north of Egersund. Simply follow Route44 south where Nordsjøveien turns into Oгнаveien. It is located on Oгнаveien, 4364 Sirevåg. <http://helgaaleiren.no/>

Scrape and drive, or risk penalties



Driving with snowed-covered windows can now cost motorists in Norway their driver's license. This winter police have seized a large number of licenses and handed out fines of NOK 4,000 or more to motorists who fail to scrape away snow and ice.

Drivers who have not taken the time to scrape the ice off their windshields and side-windows have had their licenses taken away for three months and been fined NOK 5,000 and

up. The majority have to leave their car by the side of the road as their licenses are seized by police on the spot. Lesser infractions usually result in fines of NOK 3,000- 4,000, according to Karlsen.

How much of the windshield has to be clear to avoid a fine? "There's no absolute definition, but the rule of thumb the police use is that the area covered by the windscreen wipers should be free" Says Karlsen.

So please drive carefully and take the time to scrape your windows, including the side windows.

Speed cameras in Rogaland



Did you know? The new speed cameras in 2012 will not just measure your speed at the point of driving past the speed

camera, but it will measure your speed between two cameras. Some people drive very slow past the speed camera and then drive faster afterwards. This will not be possible in the future.

The system works as following: There will be put up two different speed cameras, one speed camera that starts the time and one speed camera that stops the time. If you have exceeded the speed limit the police will issue a speed ticket and send it to you.

The system is already in use as a test project some places in the Oslo region. The national police department wants to make the project to a permanent solution in the rest of the country as well. This system is very useful in tunnels where there are difficulties for the police to have speed controls and where there are no ways to get off the main road.

The percentage of offences in 2011 with the old method was 0,12 %, while the percentage for the average measure method was 0,30 %. There are heavy penalties in Norway for driving offences. You will get a heavy fine and points on your driving license. If you get 8 points or more in three years you will lose your driving license for 6 months.

TAX DEDUCTION CARD



In December, the Tax Administration sent out over 3.6 million tax deduction cards for Fiscal Year 2011. It is important that everyone checks that information is correct and if there are any adjustments to be made.

The tax cards sent are based on your last tax assessment and adjusted according to your expected income in 2011. Still, everyone is encouraged to contact the Tax Administration and change the tax card if necessary during the year.

TAX INCOME STATEMENT

During January you should receive all the necessary information you will need to fill out your Tax Income Form. Keep all the statements from your employer, banks etc., to be able to check the numbers stated in the final form.

You will receive this at the end of March and will have to return it by April 30, which gives you the time to correct any mistakes. You may do this electronically or send the form signed in the post.

As a foreigner you can deduct 10% or a maximum of NOK 40,000 from your income on the first 2 assessments you are considered a resident in Norway and this should normally already be included in your tax rate.

You should also note that if your travel expenses exceed a certain limit, they are deductible. All transaction costs on your bank account and interest paid on loans/mortgages are also deductible.

For more information check the Tax Administration website – Norwegian and English or contact them directly.

Culture Clues

Gjestal AS



In 1937 Gjestal AS began as a centre for spinning wool. It was a time when hydro power was endless and the sheep had their best wool. Nearly 70 years later the trends and fashion are still in the same tradition with the same high quality. They began with a design and developed better quality and long lasting materials. Welcome to an excellent company with a great atmosphere and local traditions!

They offer the following products and services :

- * Wool and knitting designs
- * Sweaters jackets, hats and scarves
- * Kro (small restaurant) serving dinner, snacks and cakes.
- * Souvenirs

Opening hours : Monday-Thursday 10-16.30, Friday 10.00-19.00, Sunday 11.00-19.00

Address : Oltedalsveien 3-4, 4333 Oltedal. www.gjestal.no

Recipe Of the month

Lefser

Lefse is a traditional soft, Norwegian flatbread. Lefse is made out of potato, milk or cream (or sometimes lard) and flour, and cooked on a griddle. There are many ways of flavoring lefse. The most common is adding butter to the lefse and rolling it up. In Norway, this is known as "lefse-klenning". Other options include adding cinnamon and/or sugar or spreading jelly or lingonberries upon it. Also quite good with beef, and other savory items, it is comparable to a thin tortilla. Lefse is a traditional accompaniment to lutefisk, and the fish is often rolled up in the lefse. (Wikipedia)

- 1 egg
- 1 1/2 dl sugar
- 1 1/2 dl melted butter
- 1 1/2 dl cultured milk
- 1 1/2 dl potato flour
- 3 1/2 dl wheat flour
- 1/2 - 3/4 tsp. baking powder
- 1/2 - 3/4 tsp. coarse salt

Wisk the egg a bit, then add the sugar and melted butter and milk. Sift the flour, salt and baking powder together and add to the mixture. The dough should be as loose as possible, almost like a thick batter so that the cake will be soft.

The dough should be cold and let stand ca. 30 minutes so that it can be thicker yet.

Travel Tips

See the northern lights



The Lofoten Islands is one of the best places in the world to see the northern lights. Mostly because of the mild winter climate and the auroral oval crossing Lofoten. For lectures and more information about the northern lights, visit the Polarlightcenter in Laukvik. To make your chance to see

the aurora optimal, you can receive an SMS warning when it appears on the sky. Rent ski and snowshoes and go in the mountains.

"The ultimate experience is the Lofoten Islands. This is a mountainous archipelago with deep blue shimmering seas where kayaking trips can be combined with climbing and mountaineering. Wilderness is just around the corner yet civilisation is reassuringly close at hand," writes *The Guardian*.

www.visitnorway.com

Hemsedal

Oslo and Bergen. In Hemsedal you will find two ski centres; Hemsedal Skisenter and Solheisen Skisenter. Hemsedal Skisenter offers skiing at all levels, from firsttime skiers to advanced skiing. Here you can enjoy variable skiing - the ski centre offers 21 lifts and 46 slopes with different levels of difficulty, from very easy green slopes, to difficult black ones. There are several terrain parks, suitable for different levels of skiing and snowboarding. The parks in Hemsedal are well-known among snowboarders and ski enthusiasts all over the world. Be the first to ski in nicely groomed slopes or in powder snow - go early morning skiing in Hemsedal down three different slopes every Saturday, from the beginning of February to the end of March. You can also enjoy night skiing down nine floodlit slopes from the beginning of December to the beginning of April.



Not far from Hemsedal Skisenter (approximately 10 kilometres), in the Grøndalen Valley, you will find Solheisen Skisenter. Solheisen has three lifts and six slopes, and is a perfect place for those who want to ski somewhere quieter. The children's area at Hemsedal Skisenter is the largest in Norway. This is the perfect place for the little

ones to take their first turns or for beginners who want an easy start. Situated in the children's area, you can also find the activity park Lynxland where children can play in the snow, go tobogganing and try the carousel. In addition to this, there is the Foxnest indoor day care (babysits children from six months of age). This is a perfect opportunity for parents who want to enjoy a couple of hours alone on the slopes. The ski pass for Hemsedal includes both Hemsedal Skisenter and Solheisen Skisenter. Book your Hemsedal ski pass online and get a discount and night skiing for free. Children under the age of six years ski for free when wearing a helmet. Newly prepared equipment also gives you added ski enjoyment. The ski rental in Hemsedal offers snowboards, alpine skis, cross-country skis and telemark skis. You can even book your ski equipment online at Hemsedal Ski Shop and Skistar Hemsedal, so when you arrive, you only have to pick up your gear before hitting the ski slopes. Why not use your ski holiday to improve your skiing skills? Become a better skier and have more fun. Choose between two ski schools; Skistar Ski School Hemsedal or Sk'Easy. If you want to go cross-country skiing in Hemsedal, you can enjoy 120 kilometres of groomed cross-country tracks and 90 kilometres of mountain tracks in beautiful surroundings. At Ulsåkstølen, by "Helsingvatn rundt", and the Flævasshytta Cabin (open from week 7), by "Beihovdløypa", you can have a break and enjoy something hot to drink and a snack. Besides skiing, there are plenty of other things to do in Hemsedal. Some of the most popular activities during the winter include dog sledging with Hemsedal Huskies, climbing, snowshoeing, ice climbing and horse sleigh rides. When it comes to accommodation, there are plenty of places to stay in Hemsedal. Enjoy ski in/ski out, for example at Skarsnuten Apartments or Veslestølen Cabins. Or choose among cosy apartments and cabins a little bit outside the ski resort, for example Storehorn or Hemsedal Hytte og Feriepark. A free-of-charge ski bus service connects the accommodation areas and the slopes.

Cruise from Stavanger and back again



Do you fancy seeing the Norwegian coast, Oslo and the North Sea in just over a week? Now you can travel from Stavanger and see the fjords, mountains and the capital among other destinations in just over a week. This is an excellent opportunity for you, your family and your friends to experience Norway in an easy and convenient way.

The cruises available from Stavanger this summer are as following:

The 5th of June: starts from Stavanger, goes to the Lysefjord, with the famous Pulpit Rock and Kjerag, before it continues to Oslo for a day in the beautiful capital. It continues Southampton with a daytrip to London. The ship sails further to Ijmüiden, close to Amsterdam in the Netherlands. There will be a day in the sea before the ship arrives in Flom and Bergen. The ship will be back in Stavanger on the 9th day.

The next cruise are on the 13th of June with route to Oslo, Southampton, Ijmüiden, Oslo and Stavanger, this trip takes 8 days.

The 20th of June goes from Stavanger to Flåm, Bergen, Southampton, Ijmüiden, Oslo and the Lysefjord before returning to Stavanger.

The fourth trip starts on the 28th of June and goes from Stavanger to the Lysefjord, to Flåm and Bergen before going to Southampton and Ijmüiden.

This is just the ships that takes you from Stavanger and back again. This is not mention all the routes that are within easy reach of Stavanger. There are a number of domestic and international flights from Stavanger that can take you to other cities where you can board a cruise and get a trip of a lifetime.

You can find more information at the following web pages:

<http://www.uniktravel.no/destinasjoner>

<http://www.fjords.com/>

<http://www.regionstavanger.com/en/>

What's happening at INN

Some upcoming INN Events in February

- Jazz concert with discounts!
 - Friday Social Networking
 - Visit to Ullform
 - Employment Seminar
 - First Aid Programme
- Learn how to cross country ski

Much more on

www.rosenkilden.com