

Brekke Tours & Travel

Helpful Hints for Travel to Scandinavia

*This document has been designed to answer some of the most commonly asked questions.
Please read through this carefully and contact us with any further questions.*

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AIRLINE / CUSTOMS INFORMATION

Airline Tickets

Carefully inspect your tickets when you receive them. These documents may be subject to considerable penalties for changes and/or cancellation. Remember, a valid passport is required for foreign travel. Please check your passport for dates & validity.

Keep the PASSENGER RECEIPT portion of your ticket until you are certain you have received proper credit for your frequent flyer miles. If you receive credit for only a portion of your trip, contact your frequent flyer program and give them the number found at the bottom of the ticket. Please note you may need to talk to a representative instead of using the phone prompts.

Safeguard your Travel Documents: *Take at least two copies of all important documents and travel aids, including your passport, tickets, traveler's checks, birth certificate and credit cards. Keep one with you and store the other in a safe place*

Airline Seating

A seating request can be made on your behalf. Please note, however, that seating on the aircraft is SOLELY under the control of the airline carrier and therefore cannot be guaranteed.

Duty Free Allowance to Scandinavia

U.S. and Canadian citizens are permitted to bring into Norway, Sweden, and Finland 1 liter of alcohol content not exceeding 22% proof, and 2 liters of beer, as well as 400 cigarettes or 250 grams of other tobacco goods. In Denmark and Iceland it is allowed to import 1 liter of liquor, 2 liters of wine and 200 cigarettes. For further information, check regulations for duty free allowances with the airport or the Scandinavian Tourist Board at (212) 885-9700 info@goscandinavia.com. As customs regulations are subject to change without notice, it is recommended that you reconfirm these amounts prior to your departure.

Flight Check-In

Due to increased security measures at all airports, passengers must check in **at least two hours prior to departure** for international flights. Generally, your bags will be checked all the way through to your destination. Please verify upon check-in.

Frequent Flyer Programs

To ensure mileage credit, present your frequent flyer card upon check-in. Be sure to save your passenger receipt until after you are certain you have been credited all mileage. For questions or further information, please contact the airline directly or visit their website:

Northwest Airlines (NW)	www.nwa.com	1-800-447-4747
Icelandair (FI)	www.icelandair.com	1-800-223-5500
Scandinavian Airlines (SK)	www.scandinavian.net	1-800-221-2350



Northern Lights

The Northern Lights ("Aurora Borealis") stem from when large numbers of electrons stream in towards the Earth along its magnetic field and collide with air particles. The air then lights up rather like what happens in a fluorescent light tube. The resulting colors of the Northern Lights reflect gases we find up there. The charged particles originate from the sun, and the weather conditions on the sun decide whether or not we will see the aurora.

The aurora can be viewed best during early evening and at night when it's not overcast. In Norway, the best time of year is September until the middle of April.

Tourists' favorite viewing locations are the coasts of the Norwegian counties of Tromsø and Finnmark (the North Cape (Nordkapp)). The Northern Lights can be viewed from other locations as well, but northern Norway and Iceland are famous for prime viewing opportunities.

Safeguard Your Valuables

Please safeguard your valuables at all times – especially in hotel lobbies, restaurants and cafeterias. Keep items such as purses and hip packs within view.

Sleep Apnea Machine Requirements for Airlines

Please note the following requirements for a Sleep Apnea machine on board airplanes:

- Name of machine/make & model/serial number/manufacturer name & address
- Type of battery or power source
- Medical statement indicating that the passenger needs to travel with a Life Support System
- If electrical hookup is required on board, must be compatible with 115 volt 400 HZ power.

Telephones

To place calls to the US, dial 00-1, the area code and the number. For international collect calls, dial 115. Rates are higher calling from hotel phones where a long distance service charge is added. Credit cards may be used, however, fees may

also be associated with the use of a credit card. Public phones accept credit cards, coins (local currency only) and a phone card ("Telekort"), perhaps the least expensive option. Phone cards are available for purchase in various denominations from any Narvesen newsstand. To place calls from the USA to Scandinavia: Dial 011 (international access code), country code (Norway: 47, Sweden: 46, Denmark: 45, Finland: 358, Iceland: 354) and number.

For additional information, contact Brekke Tours at 1-800-437-5302 or email us at tours@brekketours.com. As always, we have a professional and knowledgeable staff ready to help you with all your travel needs.

GENERAL INFORMATION

Climate

The climate in Scandinavia is very similar to that in the northeastern United States, though rarely as hot in the summer or as cold in the winter. Thanks to the warming effects of the Gulf Stream, Scandinavia has relatively mild winters. The four seasons are quite distinct in various regions, so pack and dress accordingly. Average day-time temperatures in Fahrenheit:

Month	Oslo	Copenhagen	Stockholm	Helsinki	Reykjavik
Apr	41	43	51	50	43
May	54	53	58	57	48
June	60	59	63	62	52
July	64	62	52	50	45
Aug	61	62	52	50	45
Sept	53	56	43	41	40
Oct	44	49	35	32	35

Please visit www.weatherbase.com for further details.

Insurance

Everyone is encouraged to protect his or her investment with travel insurance. Generally pre-existing conditions can be covered if premium payment is made within 15 days of your initial deposit. Brekke Tours is not responsible for loss, damage, or theft of personal belongings, or for personal injury, accident or illness. Brekke Tours offers travel insurance from TravelSafe, but you are not restricted to this insurance provider. For further information, or to request a TravelSafe brochure, visit our website at www.brekketours.com. For specific insurance questions, please contact the insurance company directly.

Language

Most Norwegians, Danes, Swedes, Finns and Icelanders have working knowledge of English. Scandinavians are noted for being multilingual, with English being only one of several "second" languages spoken freely throughout the regions. American newspapers and magazines are available in major cities and American or British programs are frequently featured on television.

Metric System

Scandinavia uses the metric system of measures:

<u>When you know</u>	<u>Multiply With</u>	<u>To Find</u>
Centimeter (cm)	0.39	Inches (in)
Meters (m)	3.28	Feet (ft)
Kilometers (km)	0.62	Miles (mi)
Grams (g)	0.035	Ounces (oz)
Kilograms (kg)	2.20	Pounds
Liters (l)	0.264	Gallons (gal)

Luggage

Size and weight limitations for carry-on and checked baggage on international and inter-European flights vary from airline to airline and are subject to change, so please check with your airline before departure. Current restrictions for most international flights are 2 checked pieces and 1 carry-on per person, in addition to a purse or briefcase. The overall dimension and weight of each checked piece may not exceed 62 in. (l+w+h) and 50 lbs, while the overall dimension and weight of the carry-on may not exceed 45 in. and 13 lbs. Current restrictions for most inter-European flights are 1 checked piece and 1 carry-on per person. Brekke Tours is not responsible for additional fees imposed by air carriers regarding baggage. No responsibility is accepted for loss of or damage to baggage or any of the traveler's belongings.

Baggage insurance is strongly recommended. For questions or further information, please contact the airlines directly or visit their website:

Northwest Airlines (NW)	www.nwa.com	1-800-447-4747
Icelandair (FI)	www.icelandair.com	1-800-223-5500
Scandinavian Airlines (SK)	www.scandinavian.net	1-800-221-2350

Escorted Tour

Participants: *On the land portion, due to limited motor coach capacity, we allow only 1 suitcase and 1 carry-on per person. Luggage handling at hotels for 1 suitcase is provided. Airport portage is not included as security regulations within most airports require that travelers handle and be responsible for their own luggage.*

Minneapolis/St. Paul International Airport Information

NOTE: There are two (2) terminals in the Minneapolis/St. Paul International Airport: Lindbergh (Main) and Humphrey. **Icelandair** recently changed and now serves the Humphrey Terminal.

Free transportation is provided, via Light Rail Transit, between the two terminal buildings. Trains arrive approximately every 15 minutes. Passengers should allow between 30 and 60 minutes to travel, gate-to-gate, between terminals depending upon familiarity with the terminals and the location of your gate.

The Lindbergh Terminal Light Rail Transit station is located below the Transit Center. From the Lindbergh Terminal Tram Level take the Hub Tram to the Transit Center. After exiting, follow the signs to the Light Rail Station.

The Humphrey Terminal Light Rail station is located on the north side of the Orange parking ramp. From the Humphrey Terminal, take the skyway on Level 2 across to the parking ramp. Follow the overhead signs through both parking ramps. Take the escalators or elevators down one level to the station platform

Park and Fly Special – Minneapolis/St. Paul Airport

For passengers flying out of the Minneapolis/St. Paul Airport, the Days Inn of Eagan has a park and fly package rate of \$114 + tax (9.75%) which includes your choice of a double or queen room, continental breakfast and up to 1 week of parking.

Free shuttle rides to the airport are also included in the package. Shuttling hours are 4 am - 12 midnight on the hour, every hour. Shuttles to the Mall of America are also available for free.

Contact Brekke Tours at 1-800-437-5302 or email us at: tours@brekketours.com for reservations.

Travelers Assistance

Volunteers are available to assist travelers with special needs. The Travelers Assistance main office and waiting area is located on Concourse D. The information desks are located at the:

- Ticketing Level between exit doors 3 and 4
- Entrance to Concourse A
- Concourse C across from gate C12
- Entrance to Concourse E
- Entrance to Concourse F
- Baggage Claim Level near doors 2 and 5

There is also an information booth on the Tram Level, near the Tram and exits to parking. At the Humphrey Terminal, an information booth is located on the first floor.

Passports and Visas

It is the responsibility of each passenger to obtain proper travel documents, such as passport and visa. **Each passenger must be in possession of a passport with a validity of at least six (6) months beyond the conclusion of their trip.** A visa is **not** required for Scandinavia or Western Europe for stays of less than 3 months. A visa **is** required for passengers traveling to Russia. When obtaining a passport call ahead to your local courthouse or post office to complete instructions and necessary documents. For further information visit the following websites: www.travel.state.gov or www.usps.com/passport

Safeguard your Travel Documents: *Take at least two copies of all important documents and travel aids, including your passport, tickets, traveler's checks, birth certificate and credit cards. Keep one with you and store the other in a safe place.*

Guard your Passport: *Do not pack it in your luggage or hand it to an unauthorized person. Have a photocopy of the first page, plus two extra passport-sized photos packed separately from your passport. If it is lost or stolen, immediately notify local police and the nearest American embassy or consulate.*



SHOPPING IN SCANDINAVIA



Clothing Size Conversion Chart

Women's Suits and Dresses

American	8	10	12	14	16	18
European	38	40	42	44	46	48

Men's Shirts

American	14	14 ½	15	15 ½	16	16 ½	17
European	36	37	38	39	41	42	43

General Shopping Hours

Denmark: Shopping hours generally run Mon-Fri 0900/1000-1730/1800; Sat 0900-1700. Opening hours vary from town to town since shops can regulate their own hours. At some holiday resorts, shops are open Sunday and public holidays.

Finland: Shopping hours generally run Mon-Fri 0900-1800, Sat 0900-1500. Shops are generally open on Sunday from June to August. Many shops are also open 0900-2100 during the week and Sat 0900-1800.

Norway: Shopping hours generally run Mon-Wed and Fri 0900-1700/1800, Thurs 0900-2000, Sat 0900-1300/1500.

Sweden: Shopping hours generally run Mon-Fri 0900-1800, Sat 0900-1600. In larger towns, some shops have longer opening hours and are also open Sundays. In rural areas, shops close by 1700/1800.

Tax Free Shopping

As a tourist, you are entitled to a refund of the major part of the Value Added Tax (VAT). This tax is always included in the purchase price and varies from about 11% - 18%. When you make your purchase in a store that displays the "Tax Free for Tourists" symbol, you should receive a VAT receipt that is exchanged for cash when you depart Scandinavia.

There is a minimum requirement per purchase. Please check with the stores in each country about their minimum amount. The Customs office must stamp the VAT receipt and the refund will be paid in the transit hall at any of the airports (after going through passport and security control). Since you may have to show your purchased merchandise to the customs office at the airport to get your VAT receipts stamped, we suggest you either pack your purchase(s) in your carry-on luggage or visit the customs office prior to checking your luggage, so you can pack your purchase(s) in your checked luggage after receiving the stamped receipts.

For more information contact by email: shopping@online.no or visit their website: www.globalrefund.no.

HOTELS and MEALS

Electric Current

The electric current in Scandinavia is 220 volt AC in 50-60 cycles. Prongs on the wall outlets differ from those in the US and Canada. Thus to operate small travel appliances, such as irons, hair dryers or electric shavers, current converters and adapters are required. Most hardware stores and some discount stores and camera stores carry these products. Larger hotels in major cities might also have them available for guests.

Food & Meal Service/Request

Scandinavia offers the traveler a rich variety of world-famous foods for almost every taste and budget, from local specialties in cozy restaurants or country inns to French cuisine in elegant hotels or sophisticated restaurants of international standard. The average cost of Scandinavian meals (without wine or liquor) are as follows: sandwich from \$10 and up, dinner from \$20 (cafeteria) and up. Most Scandinavian hotels include breakfast in the accommodation price. On your international flight you will be served a hot dinner and a light snack prior to arrival overseas. Special meal requests will be submitted to the airline as per your instructions. Escorted tour participants, please reconfirm any special diet requests with your tour director who will try to assist. Additional costs are at the expense of the tour participant.

Hotel Rooms

Rooms in Scandinavian hotels may have twin beds, a double bed or day beds. Although triple rooms may be requested, please be advised that conditions may be crowded, as Scandinavian hotel rooms tend to be smaller than American standards. Please be advised that hotel rooms are normally not available until after 2:00 p.m. An additional hotel night may be purchased should you wish to secure immediate occupancy upon your arrival. Please also be advised that not all hotels in Scandinavia are air-conditioned.

Tipping, Service Charges and Taxes

Tipping is not as widespread a custom in the Scandinavian countries as in the U.S. and Canada. A service charge is automatically included in most Scandinavian hotel bills. At restaurants a service charge is included in the bill, but a small gratuity is expected for evening meals (7-10%). Taxi drivers are not tipped in Iceland or Finland. In Norway, Denmark, and Sweden, drivers should be given a few extra kroner, i.e., even out the total kroner amount of the taxi fare.

Escorted Tour Participants: *Gratuities to the tour director, guide and driver are left to the discretion of the tour members and are therefore not included in the tour cost.*

If you have been satisfied with their services, we suggest the following amounts as appropriate:

<i>Local city guides:</i>	<i>\$1 per tour</i>
<i>Bus driver:</i>	<i>\$2-3 per day</i>
<i>Tour director:</i>	<i>\$3-5 per day</i>



Transfers From/To Airport

Most NW/KLM flights from the USA arrive in Scandinavia 9:00 – 11:30 am and 3:00 – 4:00 pm. Most SAS flights arrive 7:00 – 10:00 am. Most Icelandair flights arrive between noon and 1:00 pm.

After deplaning, you will proceed through Passport Control. A valid passport is the only document necessary for travel to Scandinavia. You will see two exits: green if you have nothing to declare and red if you have something to declare. Choose the appropriate exit. After leaving the Customs area, continue through the doors to the Arrival Hall.

The bank currency exchange is located in most arrival halls, should you require some local currency to pay for a taxi, airport bus, bellboy, etc. Please be advised that a fee is charged for each currency transaction.

Airport buses with frequent departures run from the airport to city center and vice versa in each of the Scandinavian capitals. The prices are as follows:

BUS:	Approx. Cost (USD):	Travel Time:
Oslo/Gardermoen	\$25.00	40 minutes
Amsterdam/Schiphol	\$10.00	30 minutes
Bergen/Flesland	\$20.00	30 minutes
Copenhagen/Kastrup	\$8.00	20 minutes
Helsinki/Vantaa	\$15.00	30-40 minutes
Reykjavik/Keflavik	\$25.00	40-50 minutes
Stavanger/Sola	\$18.00	20 minutes
Stockholm/Arlanda	\$15.00	40 minutes
Trondheim/Værnes	\$20.00	35 minutes



TRAIN:	Approx. Cost (USD):	Travel Time:
Oslo/Gardermoen	\$25.00	20 minutes
Amsterdam/Schiphol	\$5.00	20 minutes
Copenhagen/Kastrup	\$5.00	12 minutes
Stockholm/Arlanda	\$35.00	20 minutes



TAXI:	Approx. Cost (USD):	Travel Time:
Oslo/Gardermoen	\$115.00	40 minutes
Amsterdam/Schiphol	\$35.00	20 minutes
Bergen/Flesland	\$60.00	30 minutes
Copenhagen/Kastrup	\$30.00	15 minutes
Helsinki/Vantaa	\$55.00	20 minutes
Reykjavik/Keflavik	\$100.00	45 minutes
Stavanger/Sola	\$35.00	20 minutes
Stockholm/Arlanda	\$70.00	40 minutes
Trondheim/Værnes	\$75.00	35 minutes



Please Note: If taking a bus or train into each city, it may still be necessary to take a taxi from the central terminal to your hotel (approx. cost: \$15). It is suggested to inquire about the fare prior to getting into a taxi, whether you are traveling from the airport or central terminal. Although gratuity is often included in Europe, it is common to give the driver the equivalent of an American dollar or two in his or her own currency.

Escorted Tour Participants: Airport arrival/departure transfer in Scandinavia is ONLY included for passengers arriving/departing on designated flights of Brekke's escorted tours. Passengers on other flights or dates are required to provide their own transportation to the tour hotel at their own expense.

WHAT TO PACK

Clothing

Medium-weight clothes are recommended as a base. A rain-coat with removable lining is a good choice for summer visitors. A coat is necessary in fall, winter, and spring. Casual clothes are appropriate for sightseeing and touring, as well as dining in the hotels. We highly recommend comfortable walking shoes for sightseeing along cobblestoned streets and for touring, especially in the mountains of Norway.

Film

Take plenty of film with you and make sure your batteries are fresh and your camera is working well. Film and camera repairs are expensive in Europe. Due to security equipment utilized at US airports, pack your film in your carry-on.

Gifts

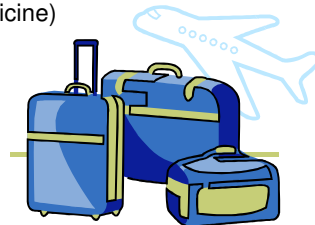
Gifts for your family and friends in Scandinavia are not expected, but always appreciated, especially if they are extending their hospitality to you in some manner. Ideas for gifts include:

- American flag or wind sock
- Books, calendars, or other items unique to your city/state
- State cap/t-shirts/sweatshirts from where you live
- Liquor/liquors
- College or professional team sport clothing/caps
- Native American or country western themed items
- For children: Disney clothing, candy, puzzles, football or cartoon characters

Miscellaneous Items

You may want to add the following items to your travel checklist:

- Tissues
- Calculator
- Sewing kit
- Washcloth (not usually provided at hotels)
- Medications (i.e. motion sickness, aspirin, cold medicine)
- Converter/adaptor
- Sunblock/glasses
- Band-aids
- Plastic baggies (freezer size) for wet items
- Mints and gum
- Extra eyeglasses, contact lenses, and prescriptions
- Sunscreen and sunglasses
- Maps and travel information
- Journal – to record your favorite memories at the end of each day
- Spot remover – Tide stick, Shout wipes, etc.
- Collapsible umbrella
- Inflatable pillow (neck rest) and eye mask
- Small daypack for sweaters, camera, and water.



To purchase maps, adapters and other travel necessities, visit the Brekke Store at www.brekketours.com.

CURRENCY

Credit Cards

Although not as widely accepted for ship and rail travel, major credit cards (Visa, MasterCard, and American Express) are honored at most hotels, stores, banks and restaurants. Please note, however, that most credit card companies charge a foreign transaction fee on purchases made abroad. Contact your credit card company for details.

Currency Exchange

Although cash and traveler's checks may be exchanged at most hotels and possibly larger department stores, the best rate of exchange is obtained at a bank or post office. Banks are open Monday-Friday, and may close as early as 3-4 p.m., depending on location. Banks at airports, rail and ship terminals often have longer hours, particularly at peak travel times. The banks at the airports are located in the baggage claim area in Copenhagen and Stockholm, and in the arrival hall (after Customs) in Oslo. Although cash transactions may generally have lower fees, the exchange rate for cash is generally lower than for traveler's checks. Fees may vary depending upon the bank, with some banks charging a fee per traveler's check rather than a flat fee for the service. There are more than 800 ATM's in Norway. However, be aware that ATM's in Europe only accept 4-digit numerical PINs. Generally ATM cash conversion rates are better than conversion rates assessed by credit card companies. For specific locations of ATM machines, please visit:

www.mastercard.com (Cirrus ATM network) www.visa.com (Plus ATM network)

It is recommended to notify your bank if you plan to use your debit and/or credit card in a foreign country while on vacation.

Exchange Rates

The monetary unit in Norway, Denmark, Sweden and Iceland is one krone (equals 100 ore). In Finland, it is one euro (equals 100 euro cents). The currencies of the five countries are not interchangeable. It is not necessary to purchase foreign currency in the US as you can generally obtain good rates of exchange at banks located in the arrival airport. Exchange rates as of 1/08 are:

Norway	1 USD	=	NOK	5.41
Denmark	1 USD	=	DKK	5.18
Sweden	1 USD	=	SEK	6.40
Finland	1 USD	=	EUR	0.70
Iceland	1 USD	=	ISK	61.0



Exchange rates fluctuate. For exact rates, consult your local bank, the business section of your local paper or online at www.oanda.com.

TRAVELER'S CODE OF ETHICS

- ❖ Get acquainted with local customs and respect them.
- ❖ Travel in a spirit of humility and with a genuine desire to meet local people.
- ❖ Remember that you are not only one among many visitors, do not expect privileges.
- ❖ Realize that other people may have concepts of time and other patterns, which are very different - not inferior - only different.
- ❖ Spend time reflecting on your daily experiences in order to deepen your understanding. What enriches you may be robbing others.
- ❖ Cultivate the habits of listening and observing, rather than merely hearing or seeing.
- ❖ Rather than knowing all the answers, cultivate the habit of asking questions.
- ❖ Instead of seeing the "beach paradise," discover the richness of another culture and way of life.
- ❖ Be aware of the feelings of the local people to prevent what might be offensive behavior, particularly when taking photographs.
- ❖ Be cautious about bargaining; the poorest merchant will often give up his profit rather than his/her dignity.

Of journeying, the benefits are many: the freshness it bringeth to the heart, the seeing and hearing of marvelous things, the delight of beholding new cities, the meeting of unknown friends, the learning of high manners.

-Sadi 1184-1291 A.D. Persian



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