

## FACTS and FIGURES

**OFFICIAL NAME:**  
Kingdom of Norway

**NATIONALITY:**  
*Norwegian*

**CAPITAL:** Oslo

**GOVERNMENT:**  
Constitutional Monarchy

**NATIONAL HOLIDAY:** 17 May 1814 (Constitution Day)

**LAND AREA:** 385,199 sq. km.

**LOCATION:** Northern Europe

**BORDERS:** North: Arctic Ocean; East: Finland, The Russian Federation, Sweden; South: Skagerrak; West: North Sea

**TERRAIN:** Glaciated, mostly high plateaus and rugged mountains broken by fertile valleys

**CLIMATE:** temperate along coast, modified by North Atlantic Current; colder interior with increased precipitation and colder summers; rainy year-round on west coast

**NATURAL HAZARDS:** rockslides and avalanches

**POPULATION:** 4,799,252 (March 2010 est.)

**PEOPLE:** Norwegian (Nordic, Alpine, Baltic, includes Same about 60,000) - 94.4%, Other Europeans—3.6%, Others—2%

### OFFICIAL LANGUAGES:

Over 99% of population the speak the official language, Norwegian. (Official languages: Norwegian, Sami, Kven; Minority language: Romani; Other Main Foreign languages: English, German, French)

**RELIGION:** Protestants 83.9%, Muslim 1.93%, Catholics 1.19%, Buddhists 0.25%, Orthodox 0.15%, Hindus 0.10%



**CURRENCY:** Norwegian Krone (NOK), Exchange Rate: 1 NOK = 7.7191 PhP

**COUNTRY DIALING CODE:** 47

**INTERNET COUNTRY CODE:** .no

**TIME DIFFERENCE:** UTC + 1 (Manila is seven (7) hours ahead of Norway time)

### NORWAY'S REGIONS:

1. The West Coast: location of spectacular fjords.
2. Central Norway: traces of medieval times can be found here.
3. Southern Norway: has good and stable summer weather.
4. Eastern Norway: has varied landscape ranging from flat, rolling farmlands to dramatic and towering mountains, most densely populated region.
5. Northern Norway: where you can find the midnight sun.



### Mga impormasyon ukol sa bansang pupuntahan na dapat mong malaman.

1. Wika at lahi ng mga tao.
2. Batas ng bansa na may kinalaman sa au pairs o mga dayuhan.
3. Mga kaugalian at paniniwala, lalo na ang relihiyon.
4. Mapa at pangunahing mga lugar.
5. Klima o mga panahon at mga pagbabago sa buhay dahil sa panahon. Halimbawa nito ay ang pagbabago ng uri ng damit, gamit at mga gawain pag winter.
6. Lugar na tutuluyan, ang address, telepono
7. Mga pagkain at mga di-kinakain.
8. Mga samahan at ahensya sa bansang pupuntahan mo na maaaring makatulong sa Filipino.

## ABOUT AU PAIRS

- Au Pair is a French term meaning "on par" or "equal to". It denotes living on an equal basis in a reciprocal, caring relationship between the host family and the children.
- An au pair is typically a young Filipino placed under a cultural exchange arrangement with a host family for immersion in cultural and language training for a maximum of two (2) years.
- Host family refers to the family the au pair will be living with for the duration of the au pair contract.

### RESPONSIBILITIES OF THE AU PAIR

- Share in the usual household chores along with other members of the family such as: child care, light household chores, and other responsibilities agreed upon in the au pair contract.
- Shall take part in the family life
- Shall learn the culture, customs and language of the country. Attend school to learn the host country's language.
- Carry out chores for not more than 5 hours per day (maximum 30 hours per week).
- May **NOT** carry out paid or unpaid work outside of the host family's home.

### RESPONSIBILITIES OF THE HOST FAMILY. The host family shall:

- Treat the au pair in just and humane manner.
- Provide food and accommodations to the au pair (separate bedroom).
- provide health and accident insurance.
- Provide monthly allowance.
- Pay for school fees.
- Shoulder all travel costs related to sponsoring the Filipino au pair: transportation, visa, POEA processing fee, OWWA membership fee, cost of training (if required by employer).
- Not deduct any amount from monthly pocket money of the au pair except compulsory contributions allowed by law.
- Provide the au pair a copy of the contract.