

 **ST. OLAF ALUMNI & FAMILY TRAVEL****RESOURCE LIST 2024 NORWAY FOOTBALL****Oles in Norway: A Companion Tour to the St. Olaf Football Trip**

Hosted by Eric Pulley, Assistant Football Coach – Running Backs

May 27–June 3, 2024

This list was compiled in the hopes that you would find it useful in preparing yourself for departure or in continuing the learning experience after you return home.

**Guide Books**

A guide book will go a long way in answering many of your general questions about what things to do and where to eat during your free time. It will also typically provide a few words and phrases, sometimes a tip on pronunciation, and other useful things such as tipping guidelines, how best to obtain money, and maps.

Keep in mind that your St. Olaf hosts will not know the cities like the back of their hand. They are present to help influence the group experience, not to be an expert on tourism in each location. Thus, we recommend bringing a guidebook to help you make decisions about your free time. You can find all the standards, such as *DK Eyewitness Guides*, *Fodor's*, *Frommer's*, *Insight Guides*, *Lonely Planet*, *Rick Steves*, and *Rough Guides*.

**Recipes**

Norway's tourism bureau, Visit Norway, offers an electronic [Norwegian Cookbook](#) that they call "a gastronomic journey through Norway." Or the Sons of Norway have an electronic [Recipe Box](#).

**Books**

*Peder Victorious: A Tale of the Pioneers Twenty Years Later*, by Rølvaag, O. E. (Ole Edvart), translated by Nora O. Solum. New York: Harper & Row, 1966.

*I Talk About it All the Time*, by Camara Lunested Joof, translated by Olivia Noble Gunn. University of Wisconsin Press, 2024.

*Culture and Customs of Norway*, by Margaret Hayford O'Leary (former St. Olaf professor).

*Colloquial Norwegian*, by Margaret Hayford O'Leary. If you want to learn some Norwegian language on your own.

*Scandinavia Since 1500*, by Byron J. Nordstrom (2000). Nordstrom presents a readable account of the region's history.

*Sophie's World* by Jostein Gaarder (1994). A 14-year-old Norwegian girl becomes embroiled in a metaphysical mystery wrapped in the history of philosophy.

*The Vikings* by Else Roesdahl ( 1987). Roesdahl offers a Scandinavian perspective on this complex Nordic society.

**TV and Movies**

*The Heavy Water War*. About World War II and the sabotage of the heavy water plant in Rjukan, Telemark.

*Lilyhammer*. Dark comedy about an American mafia figure who relocates to Lillehammer, Norway under the witness protection program. Especially the first season provides some pointed (and funny) commentary on Norwegian culture.

*Headhunters*. Based on a novel by Jo Nesbø. Also somewhat violent, but thrilling and even funny crime film.

*Cool & Crazy* (2001). In this uplifting documentary, a group of Norwegian men find companionship and success when they join an all-male choir.

*Insomnia* (1997). The midnight sun plays a role in this Norwegian thriller about a police detective investigating a small-town murder.

*The King's Choice* (2016). During the German invasion of April 1940, King Haakon and the royal family escape from Oslo and refuse to surrender to the pursuing Nazis.

*Song of Norway* (1970). This musical is based on the life of Norwegian composer Edvard Grieg.

*Trollhunter* (2010). Trolls wreak havoc in modern-day Norway in this fun fantasy/thriller that explains the real purpose of those power lines in the Norwegian mountains.

## Websites

[St. Olaf Football](#)

[Statistics Norway](#)

[Oslo Vikings AFC](#)