

Dear Travelers,

I am delighted to share that our 2025 Norway tour is an official GO. It's time to start your planning.

FLIGHTS

Feel free to purchase your flights. We strongly recommend you consider adding flight cancellation insurance to that purchase, and that you also check the details of that coverage.

Here are some additional notes:

- The tour starts and ends in different cities.
- You should time your travel to **arrive in OSLO** by mid-afternoon on Tuesday, May 27. We will start the tour with a welcome meeting around 6 pm, followed by a group dinner.
- Feel free to **depart TRONDHEIM** any time on Sunday, June 8.
- If you decide to arrive early or depart later than these tour dates and would like me to make reservations for extra nights at the group hotel, let me know.

You might also find it helpful to look at our [Booking Your Flights](#) page for some helpful tips.

PREPARE FOR YOUR ADVENTURE

You'll get the most out of study travel if you research what to do during your free time. This allows you to reap the benefits of group travel, while also customizing the tour to your interests and activity level. Read more about [How to Be an Independent Group Traveler](#).

There are a bunch of other general resources, tips, and suggestions to help you [Prepare for Your Adventure](#).

WHAT TO EXPECT

Finally, start thinking in earnest – if you haven't already – about the activity level required on this tour. As a reminder, you should be capable of walking a mile or more at a time and up to five to seven miles per day, often over uneven terrain, of climbing stairs that may not have handrails, of climbing in and out of various types of transportation, of keeping pace with an active group of travelers on long days of traveling, of dealing with the emotional highs and lows that can occur when experiencing different cultures, and be a considerate member of the group (prompt, courteous and flexible).

Any participant who has demonstrated an inability, in the opinion of the tour leader, of keeping up with the group or of safely participating in program activities may be prohibited from participating in certain activities.

Also, you will be responsible for carrying your own luggage throughout the tour. Traveling lightly is highly recommended.

I think [this article](#) from AMA Travel out of Alberta, Canada is really helpful. It mentions issues that can affect your stamina that you might not be thinking about (like excess heat) and lays out an easy plan to follow to get ready for being more active than most of us are in our daily routines at home.

As ever, I encourage you to contact me with any questions or concerns.

Best regards,

A handwritten signature in blue ink that reads "Heidi Quiram". The signature is fluid and cursive, with a horizontal line extending from the end of the "m" in "Quiram".

Heidi Quiram P '21
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