

*Welcome to Norway!*  
*Welcome to Ulsteinvik!*  
*Welcome to: \_\_\_\_\_*

*Velkommen til Noreg!*  
*Velkommen til Ulsteinvik!*  
*Velkommen til: \_\_\_\_\_*



## a. Official Matters

### i. Police - *Politi*

In Norway, the national Police take care of many things - even things that have nothing to do with crime. For example, they can have a document "notarised" (officially witnessed), and the Police handle applications for Work Permits - *Arbeidstillatelse*.

In Ulsteinvik, the Police office is located at the South end of the Amfi shopping centre, on the second floor (above the Europris).

Hours: 9-15, M-F

Phone Numbers: 70118700 (note - that number connects you to Ålesund - so you should probably say that you're calling from Ulsteinvik). For emergencies, dial 112. If you call 02800 from anywhere in Norway, you should be connected to a local police office.

There are also Police stations in Herøy (Eggesbønes, near Fosnavåg), Volda, Ørsta, and most other areas of Sunnmøre.

### ii. Tax Office - *Skatteetaten*

This is the office from which you can get your Tax Card - *skattekort*. They are in the Blå Huset shopping centre.

Hours: 9-15, M-F

Phone Number: 80080000 (note - that is a national phone number, so you will need to tell them where you're calling from.)

There are also Tax Office offices in Volda and Vanylven.

### iii. Census Office - *Folkeregisteret*

You need to tell these people that you live here - this is part of the process of getting your official Norwegian "ID number" (like a Social Security Number in the United States) Their offices are combined with the Tax Office - same people, same hours.

### iv. Hospital - *sjukehus (Nynorsk), sykehus (Bokmål)*

There is a hospital in Volda and one in Ålesund. Note - in Norway, if you have a smaller problem that does not require an overnight stay, you will visit a *legesenter* ("doctor centre"), not a hospital. The hospital in Volda is probably fastest to reach, depending on where you live.

Note - This is NOT where you go if you have a smaller emergency (broken bone, cut, etc.) Contact the *Legesenter*. If you have a medical emergency at work, contact your foreman. They can handle the situation.

v. Medical Clinic (“Doctor Centre”) - *legesenter*

There is a centre for general-practice doctors in Ulsteinvik in the red-roofed building that has the post office (Sjøgata 3). If you have registered with the *Folkregisteret*, then you will receive mail assigning you a doctor at this centre.

Hours: 8-15, M-F

Phone Number: 70018989. After hours - 70013113. In a medical emergency - 113.

vi. NAV (Work and Welfare Administration)

NAV is responsible for administering the national insurance scheme and child benefit, as well as helping people find work. They are also located in the same building as the post office and *legesenter* (Sjøgata 5).

Hours: 9-15, M-F

Phone Number: 70321000

vii. Municipality (*kommune*) Office - *Rådhus*

The offices of the Ulstein *kommune* are a building marked “RÅDHUS” at Sjøgata 63. However, it is easiest to contact them through their website at [www.ulstein.kommune.no](http://www.ulstein.kommune.no).

viii. Post Office - *Postkontor*

The Post Office (also known as *Posten* - “The Post”) is in the red-roofed building at Sjøgata 5. In Ulsteinvik, there are two Postal Codes (*postnummer*) in Ulsteinvik - “6065 Ulsteinvik” for residential mail, and “6067 Ulsteinvik” for the shipyard, including Ulstein Elektro, Ulstein Design, etc.

Hours - 9-16:30, M-F, 9-13:30 on Saturday

**b. Personal Matters**

i. Shopping Centres

1. Blå Huset - Located downtown, at the end of the block created by Sjøgata, Vikemyra and Bjørndalvegen. Mon-Fri: 10-19, Sat: 10-16. However, the Coop Mega (groceries), Vinmonopolet (alcohol) and Ulstein Apotek (pharmacy) have different hours.
2. Amfi Ulsteinvik - Located at the southeast end of downtown, on the east corner of the roundabout where Bjørndalvegen meets Saunesvegen. Mon-Fri: 10-19, Sat: 10-16. However, several stores have different hours.
3. The downtown streets of Bjørndalvegen, Sjøgata, Vikemyra and Kyrkjegata all have many shops and stores on them.

ii. Banks

1. Sparebanken Møre - Located downtown, in the block created by Sjøgata, Vikemyra and Kyrkjegata. Mon-Fri: 9:00-15:45. Summer hours Mon-Fri 9:00-15:15.
2. Nordea - Located in Blå Huset. Mon-Fri: 9-15:30
3. Sparebank1 Ulstein - Downtown, facing the water between the post office building and Blå Huset (Sjøgata 13).

iii. Grocery Stores

1. Coop Mega Ulsteinvik - in Blå Huset, downtown.
2. Meny Ulsteinvik - in the Amfi Ulsteinvik
3. Rema 1000 - South of downtown, at Glopen 1.
4. Spar - East of downtown, at Rognahaugen 1.
5. Bunnpris - In the downtown core, at Sjøgata 45 (entrance is from the other side of the building, away from Sjøgata).
6. Ghazi Asiamat (Asian and other specialty foods), downtown at Bjørndalvegen 11.

iv. Pharmacies

1. Ulstein Apotek - in Blå Huset.
2. Alliance Apotek - in the same building as the post office.
3. Apotek1 - in the Amfi Ulsteinvik

v. Churches

1. Church of Norway - This is Norway's official state church, and is closely related to Lutheran churches around the world. There is a church in Ulsteinvik on Kyrkjegata with services every Sunday. A full schedule can be found on their website at [www.ulstein-sokn.no](http://www.ulstein-sokn.no).
2. Roman Catholic (*Katolsk*) - There is a church in Ålesund, called *Vår Frue kirke* ("Our Lady church") with weekly Mass. The priest also gives Mass in Ulsteinvik once per month. Further information can be found at [www.katolsk.no/mn/Alesund](http://www.katolsk.no/mn/Alesund).
3. Islam (*Islamsk*) - There is an Imam based from Trondheim, Mr. Ferid Talic, who can help Muslims connect with the local Islamic community. He can be reached through his mobile: 918 45 973.
4. Pentecostal (*Pinse Bevegelsen*) - There is a church in Ulsteinvik, called "Filadelfia", at Bjørndalvegen 19. Information can be found at their website [www.filadelfiaulstein.no](http://www.filadelfiaulstein.no).
5. Ulsteinvik Bible Centre (*Bibelsenter*) - This group can be contacted through their website at [www.ulsteinvikbibelsenter.no](http://www.ulsteinvikbibelsenter.no).
6. Gospel Hall (*Bedehus*) - This group can be contacted through their website at [www.ulsteinvikbedehus.no](http://www.ulsteinvikbedehus.no).

vi. Library - bibliotek

The *kommune* operates a library at Bjørndalvegen 4. It has a good selection of books and DVDs in both Norwegian and foreign languages.

Email: [ulstein.bibliotek@tussa.no](mailto:ulstein.bibliotek@tussa.no)

Hours: Mon,Tue,Thu: 14-19, Wed,Fri: 11-15, Sat: 11-14

vii. Taxi

Drosjer Ulstein - Telephone: 7001 0710

viii. Public Transport - Bus

There is bus service from Ulsteinvik's main downtown bus stop. Routes go to various destinations, including an express bus to Oslo, and busses timed to meet the fast ferry in Hareid that connects to downtown Ålesund and the Ålesund airport. Details are available from [www.fjord1.no](http://www.fjord1.no).

ix. Ferry Information

To travel North to Ålesund or further, there is a car ferry from Hareid to Sulesund (30 mins. from Ålesund downtown), or a fast ferry (*hurtigbåt*) from Hareid that goes to Valderøya (for connections to the Ålesund airport) and downtown Ålesund. Both boats are operated by Tide. Schedules can be found on their website [www.tide.no](http://www.tide.no).

x. Airports - Lufthamn (Nynorsk) Lufthavn (Bokmål)

There are two airports close to Ulsteinvik.

- Ålesund Lufthavn, Giske (AES) northwest of Ålesund. This is the larger airport, with several daily flights to Oslo, Trondheim, and Bergen, as well as international flights to Copenhagen, Riga and London. There are also seasonal flights to vacation destination. The airport is about an hour away, by road and ferry.
- Ørsta-Volda Lufthamn, Hovden (HOV), between Ørsta and Volda. This airport is much closer and more convenient (25 minutes by road), but only has flights to Oslo and Sogndal.

xi. Sports / Physical Activity

1. Commercial Gyms - There are two commercial gyms (*treningsenter*) in Ulsteinvik, both operated by Aktiv Trening. One is located in central Ulsteinvik (opening early 2009), and one is located in the Varleite neighbourhood, at Varleitevegen 9. A membership gives access to all Aktiv Trening gyms. (They also operate gyms in Hareid, Herøy, Volda and Ålesund.)
2. Swimming Pools (*symjehall* (Nynorsk), *svømmehall* (Bokmål)) - There are several swimming pools that can be accessed from Ulsteinvik. There is a very small one in Ulsteinvik that was closed when this document was written, due to a lack of lifeguards. There is a pool in Herøy *kommune* that is primarily for children's play (water is 32 degrees Celsius),

[www.heroyfritidsbad.no](http://www.heroyfritidsbad.no). There is also a full-sized swimming pool in the Moa area of Ålesund, [www.alesund.kommune.no](http://www.alesund.kommune.no).

3. Skiing - There are many skiing areas around Ulsteinvik. Within 100 km of Ulsteinvik, there is Volda ([www.voldaskisenter.no](http://www.voldaskisenter.no)), Ørsta ([www.orstaskisenter.no](http://www.orstaskisenter.no)), Harpefossen ([www.harpefossen.no](http://www.harpefossen.no)), Fjellseter ([www.sunnmorsalpane.no](http://www.sunnmorsalpane.no)), Stranda ([www.strandafjellet.no](http://www.strandafjellet.no)), Ørskog ([www.orskogfjellet.no](http://www.orskogfjellet.no)) and Stordal ([www.stordalalpinsenter.no](http://www.stordalalpinsenter.no)).
4. Bowling - There is a bowling alley, Ulstein Bowling, located in the west end of the Amfi shopping centre.  
[www.ulsteinbowling.no](http://www.ulsteinbowling.no)
5. Sports Clubs - There are many sports clubs in the area. Most have a soccer (football) section, although many have sections for other sports (handball, outdoors/hiking, skiing, etc.), as well. The biggest club is Hødd IL. Hødd is also the home of the most successful professional sports team in the area. Their senior men's soccer section plays in the top levels of Norwegian football, and has games at their stadium through the summer.  
[www.hodd.no](http://www.hodd.no).
6. Sailing - The harbour at Ulsteinvik is home to the Ulstein Sailing Club (*Ulstein Seilforening*). They organize regular Wednesday races through the summer and have other activities year-round.  
[idrett.speaker.no/Organisation.asp?id=62968](http://idrett.speaker.no/Organisation.asp?id=62968).

7.

xii. Movie Theatre and Live Theatre

The *kommune* operates a theatre facility called Sjøborg, attached to the Ulstein Quality Hotel. This facility has a movie theatre and a live stage facility. Listings, showtimes, descriptions of the show, and ticket purchase can be found at [www.sjoborg.no](http://www.sjoborg.no).

xiii. Volunteering

The Ulstein *kommune* has a volunteering centre (*frivilligsentralen*) for those who would like to volunteer their time to help others. They are open 10-14 Mon-Fri at Sjøgata 63. More information can be found on the *kommune* website.

xiv. Trails (Hiking & Cross-country Skiing)

There are many good trails for hiking and cross-country skiing in the winter. The best map is available from the Ulstein *kommune*, and can be purchased at the *Rådhus* (see above)

xv. Restaurants, Bars & Pubs

There are many restaurants and bars in Ulsteinvik, from very casual take-out food and shopping centre food courts to gourmet meals. Bars range from casual pubs to karaoke and dance bars. We do not list them here, but they are almost all located along the waterfront.

xvi. On Sunday...

Almost every store in Ulsteinvik is closed on Sundays. However, the two gas stations (Shell - northwest end of Sjøgata, Texaco - Vikemyra & Bjørndalvegen) are open, and have a selection of food and other necessities.