

《北歐》補充須知~ 丹麥、挪威、瑞典、芬蘭 ~ (Tour Code: PSF)

斯堪地納維亞半島位於歐洲大陸的北部，包括三個國家：丹麥、挪威和瑞典。丹麥平坦而溫暖，挪威擁有豐富的山岳與峽灣，瑞典則森林和湖泊密佈，各具特色，風格各異。一般而言，北歐指的是斯堪地納維亞半島和鄰近的芬蘭、冰島等五個國家；但此行程並未涉及冰島。

北歐一般旅遊須知

1. **服裝**：根據季節準備行程所需的服裝，冬季須備厚羽絨衣、手套、圍巾等；春秋早晚涼，須帶輕便保暖夾克；任何季節，雨衣及適於走路的鞋都是必需的。

2. **時差**：斯堪地納維亞國家（丹麥、挪威、瑞典）位於同一時區，從每年三月到十月均實施夏令時間，較美國東部時區早六小時；芬蘭則較美國東部時區早七小時。舉例：紐約的下午一點是奧斯陸的晚上七點，赫爾辛基的晚上八點。

3. **電話**：從酒店房間打電話須付手續費，費用較高，最好使用酒店大廳的公用電話。如果打算攜帶手機，記得通知您的手機通話公司，確認您的手機在當地可以使用；租用專為海外使用的手機也是另一種選擇。

從美國直撥至：丹麥 011 + 45，瑞典 011 + 46，挪威 011 + 47，芬蘭 011 + 358。

4. **電器**：北歐國家的電流是 220 V · 50 Hz，插頭多為雙孔圓柱形；但電源插座有所不同，最好是攜帶自己的電壓轉換器和萬用插頭。各國插頭插座類型：丹麥 C / E / F / K，芬蘭、挪威、瑞典均為 C / F。

5. **購物退稅**：至全球退稅加盟店購物，所購商品的增值稅率及退稅辦法大同小異，詳情請洽當地導遊。

6. **語言**：大多數的斯堪地納維亞人都會講多種語言，英語在北歐被廣泛使用。

丹麥

1. **物價**：丹麥擁有全世界最悠久且涵蓋面最廣的社會福利制度，然而賦稅相對提高，物價高昂。

2. **商品增值稅 (VAT)**：是歐洲國家對貨品和服務所自動課徵的一種消費稅，丹麥的 VAT 稅率是 25%，非歐盟居民於同一家商店消費 300 克朗(Krone)或以上，可於離開歐盟前於海關驗證退稅單，申請退稅。

3. **貨幣**：丹麥雖為歐盟會員國之一，但並不使用歐元，其貨幣為克朗(Danish Krone, DKK)，與挪威、瑞典的克朗為各自國家貨幣單位，並不通用。

4. **安全須知**：基於安全考量第二天玫瑰城堡，及第三天克倫堡宮和菲德列堡，只能攜帶小包入內(最大尺寸為 15 x 23 x 15

cm)，請事先做好準備。

挪威

1. **氣候**：因北極圈橫越北部，夏短冬長，除七、八月外，全年乾冷，天氣多變化，日夜溫差大，特別是山區和峽灣，夏天除輕薄衣服，亦應備妥禦寒衣物，冬季酷寒，日照短，六至十月為旅遊旺季。

2. **物價與貨幣**：挪威屬高所得、高稅率、高消費國家，物價高昂，首都奧斯陸更是全球生活最昂貴的城市。使用的貨幣為挪威克朗(Norwegian Krone, NOK)。

3. **商品增值稅**：稅率與丹麥同為 25%，須購買價值 250 克朗(NOK)以上的商品方可退稅。

瑞典

1. **人文地理環境**：瑞典西與挪威交接，東北與芬蘭交接，東臨波斯尼亞灣及波羅的海，為一狹長國家，南北溫差大，冬天夜長晝短，夏天則晝長夜短，尤其北部有永晝（整夜不落日、白夜）現象。

2. **物價與貨幣**：瑞典與北歐其他各國相同，都為高所得、高稅率、高消費的國家。使用的貨幣為瑞典克朗(Swedish Krona, SEK)。

3. **商品增值稅**：稅率 25%，於同一商店購買滿 200 克朗(SEK)之物品後，向商店索取收據及退稅表格，據實填寫，即可於機場申請退稅。（需於購買後 30 天內提出申請，且所購商品不得開封）。

芬蘭

1. **貨幣**：北歐四國中，僅芬蘭採用歐元，交易買賣以使用現金及信用卡(Visa, Master)為主，American Express 較不普遍。

2. **商品增值稅**：芬蘭的銷售稅率為 24%。

3. **食物**：芬蘭飲食習慣單純，以麵包、馬鈴薯為主食，肉類以雞肉、牛肉最普遍；因天候嚴寒，蔬果種類有限，多由外國進口，價格高昂；烹調方式變化少，以燉煮或燒烤最為常見。

4. **芬蘭浴(sauna)**：為芬蘭人日常生活中極為喜愛的休閒活動，中高級旅館均附設有男女分用之芬蘭浴室。芬蘭浴的洗法類似三溫暖，在高溫薰蒸後以冷水淋浴以利毛孔收縮，若身體狀況許可，有機會或可嘗試一下。

ADDITIONAL TRAVEL NOTES

~ Denmark, Norway, Sweden, Finland ~

(Tour Code: PSF)

GENERAL TRAVEL TIPS TO SCANDINAVIA

1. **Clothing:** Choose clothing for the season when you travel. It's indispensable to carry a warm jacket, comfortable walking shoes, raincoat or umbrella for all reasons.
2. **Time Difference from USA:** Denmark, Norway and Sweden are in the same time zone. Summer Daylight Savings begins in March and ends in October. Scandinavian time (Denmark, Norway, and Sweden) is 6 hours and Finland is 7 hours ahead of EST (Eastern Standard Time). Example – New York 1pm is Oslo 7pm, Helsinki 8pm.
3. **Telephone:** The charge of making phone calls from hotel room is expensive. It is suggested that you use the public telephone in the lobby instead. Contact your cell phone provider to check if your cell phone works in Northern Europe. Or renting a phone specifically designed for use overseas might be a practical option.
Call from US to Denmark, dial: 011+45; to Sweden dial 011+46, to Norway dial 011+47, to Finland dial 011+358.
4. **Electrical Requirement:** Scandinavia countries use electrical system operates at 220 volts, 50 Hz, with their respective plugs and outlet types. It is advisable to bring your own international voltage converter and universal plug adapters.
Plug types: Denmark C / E / F / K, Finland, Norway and Sweden - C / F.
5. **VAT (Value Added Tax) Refund:** Travelers from a country outside the EU and Scandinavia may claim a VAT refund when shopping. Please ask local tour guide or escort for details.
6. **Language:** Most Scandinavians speak multiple languages and English is widely used in Nordic.

DENMARK

- Denmark is the smallest, flattest and most continental of the Scandinavian countries. It has liberal social-welfare system, that's the most equal and competitive in the world.
- VAT rate is 25% and can be refunded at the airport. For VAT refund the minimum purchase per shop must be 300 DKK.
- Denmark is not part of the EURO-monetary system. Like Norway and Sweden, Denmark has Danish Krone (DKK) as its own currency.
- For safety reasons, the second day of Rosenborg Castle, the third day of Kjoborg Castle and Frederiksborg Castle can only carry small bags (the maximum size is 15 x 23 x 15 cm). Please prepare in advance.

NORWAY

- Almost half the length of Norway is north of the polar circle. It has short summers and long winters. In Northern Norway, there is 24 hours sunshine in the summer and no sun at all in mid-winter. Although Southern Norway cannot enjoy the midnight sun, at midsummer the night is very short even in Oslo - it doesn't get really dark at all. The best time to travel there is from June to October.

- Norway has three highs: high income, high taxes and high spending. As one of the richest countries in the world and with a strong currency, most visitors should be prepared for greater expenses than at home. Norway uses Norwegian Krone (NOK) as its own currency.
- The standard VAT rate is 25% and the minimum purchase amount in one shop to get tax refund is 250 NOK on regular goods. Goods must be exported in unused condition within 30 days from date of purchase.

SWEDEN

- Sweden is the largest country in Scandinavia. It borders Norway and Finland and is connected to Denmark via the bridge of Oresund. The Baltic Sea lies to the east of Sweden, as well as the Gulf of Bothnia, which separates Sweden from most Finland. Sweden has long winters and light summer nights. In the Northern part of Sweden never gets dark.
- Like Norway, Sweden also is the country with high income, high taxes and high spending. Sweden uses Swedish Krona (SEK) as its own currency.
- Sweden's VAT rate is 25%. In order to achieve the VAT refund, the minimum purchase amount is 200 SEK. Ask the shop for a tax-free refund form after purchase and get your return at the airport by showing your unopened items, receipts, tax form along with your passport to the VAT Refund window.

FINLAND

- Finland is the only Scandinavian country that uses EURO. Credit cards, except American Express, Visa and Master cards are widely accepted. The standard VAT rate is 24%.
- The traditional Finnish cuisine is quite simple, usually includes bread, potato, chicken or beef. Due to the harsh climate that fresh fruit and vegetables are hard to get and very expensive. Also because of the cold weather, Finnish people like to stove or baked food.
- The Finnish sauna is a substantial part of Finnish culture. There are five million inhabitants and over two million saunas in Finland—an average of one per household. For Finnish people the sauna is a place for easing with friends and family, and a place for physical and mental relaxation. You might want to experience it while you are there.