

ADVICE TO ASF FELLOWS FROM THE UNITED STATES

Welcome to the community of ASF Fellows studying in the Nordic region! We are delighted that you are conducting your research or creative arts project abroad. While ASF cannot provide individualized advice on traveling and living abroad within your Nordic destination, the following factors listed in this guide are worth discussing in further detail with your host institution and key contacts prior to your departure.

NORDIC CULTURE

Before going abroad, it is a good idea to familiarize yourself with the customs, history, and daily life of your Nordic country. Please refer to the following resource page, which allows you to filter information based on your host country: <https://www.norden.org/en/info-norden>.

LIVING IN A NORDIC COUNTRY

Housing in the Nordic region is expensive. For this reason, ASF Fellows typically choose to live in university housing, coop communities, or apartments. Because of long housing waitlists, the most effective way of securing housing is to use your host university and contacts abroad to assist you in locating housing. In addition, you can look at local newspapers for rental ads or even reach out to your home university's study abroad office to obtain their advice about living in your Nordic destination.

For more information about living in your respective Nordic country, including practical information about banking, residence permits, health services, and additional accommodations, please click on the appropriate link below:

[Living in Denmark](#)

[Living in Finland](#)

[Living in Sweden](#)

[Living in Iceland](#)

[Living in Norway](#)

LANGUAGE

Learning a Nordic language is crucial to integrating into Nordic life. Although most people in the Nordic countries speak English, we have found that the success of research projects was enhanced by a Fellow's ability to communicate in the local language. Please look at course offerings in your municipality to see how you, too, can familiarize yourself with the language.

VISAS AND RESIDENT PERMITS

Visas are not required of U.S. citizens for visits to a Nordic country for *up to a total of ninety days*. Once you have exceeded this total, you may not return to the Nordic region for six months. If you plan to remain in the Nordic region *longer than ninety days*, you will need to obtain a visa. To do so, please contact the appropriate Consulate or Embassy (see list below) for instructions and advice on beginning your visa application.

EMBASSIES

Please note that it may also be necessary to register with local authorities soon after your arrival in a Nordic country, so make sure to check in with one of the following embassies:

DENMARK

The Royal Danish Embassy
3200 Whitehaven Street, NW
Washington D.C. 20008
Tel: (202) 234-4300
Web: <https://usa.um.dk/en>

FINLAND

Embassy of Finland
3301 Massachusetts Avenue, NW
Washington, DC 20008
Tel: (202) 298-5800
Web: <https://finlandabroad.fi/web/usa/mission>

ICELAND

The Embassy of Iceland
2900 K St. NW #509
Washington D.C. 20007
Tel: (202) 265-6653
Web: <https://www.government.is/diplomatic-missions/embassy-of-iceland-in-washington-d.c/>

NORWAY

The Royal Embassy of Norway
2720 34th Street, NW
Washington D.C. 20008
Tel: (202) 333-6000
Web: <https://www.norway.no/en/usa/>

SWEDEN

The Embassy of Sweden
2900 K Street, N.W.
Washington D.C. 20007
Tel: (202) 467-2600
Web: <https://www.swedenabroad.se/washington>

COVID-19

To keep informed of new travel restrictions related to COVID-19, please refer to the [CDC's Travel Recommendations by Destination](#).

Please know that with the continuing uncertainties of the pandemic, ASF continues to be flexible about timelines, assessing changes on a case-by-case basis. Should you encounter any pandemic-related issues that delay your travel arrangements or research plans, we just ask that you email us your new timeline (i.e., start and end dates). In the case where your new timeline is shorter than your initial timeline, we ask that you also email us a revised budget.