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that's it we're finally doing it doing what getting our alpha spaces from the container store all of them check this text for alpha's 75th anniversary everything alpha is 35% off so let's do our closet the pantry and the garage yes and I could get it all installed before the holidays or we could have them install it you know for more weekend freedom haha now you're talking there's nothing like 35% off everything else but to get you motivated only at the container store

you can't announce it is swan brand can they be announced yes it can actually think about it you heard it right because it is in small green and white swan icons that are found on products that are more environmentally friendly and environmentally friendly than other products and that's not something that all of us get exactly this is quite difficult it requires a process for the product to be noticed with swan brand they should actually do quite a lot of right because it can be difficult for you then exactly as a consumer to take good care of in a travel world how can you know what is most environmentally friendly or what is most important to focus on is it like to focus on climate gas release under production and so on you should be thinking about taking care of plants and animals and nature and so on you should be thinking about environment gifts in products and other harmful chemicals that are used so we people who work with this is swan brand people do not expect that you will be able to have a surplus of that it is completely impossible that's why they find it is completely super complicated so they do that job for you they know a lot about how production and production both affect health and environment and they make environmental demands that just let them completely put the best products through and they also draw on control visit to the factory regardless of how they are in the world to check that everything is as it should so you don't have to think about it all you need to do is to see after swan brand because if it is planted on the product then you know that you make a good choice swan brand has seen in the environment that the whole life cycle is for the product and until then what happens to the product when you are done with it so then you can be sure that the product is actually a good environment choice if you see this brand swan brand is the official environment brand in the whole north and it makes it easier to find the good environment choice for the 27 million of us who live in the north and more information about environmentally friendly and harmful products you will find on swan brand.no Welcome to a new bonus episode here from the 198 countries department for bonus episodes. As I always say, the last 198 countries app is not going to be a mess with them, but it can be fun to do because it's fun.

And I also want to wish you a good autumn holiday,
those who live in Agde, Oslo, Viken, Troms, Finnmark and Svabbar.
I also want to wish you a good autumn holiday in your small country with your
room start, Rogan, Trøndelag, Vestfold, Helmark, Vestan and
Norland, good autumn for the next week.
And we will talk a little about this autumn holiday,
think of something that is approaching and or is up on us, as he says
sometimes, then the best you can do is get some good travel tips and the best you
can get good travel tips from is the world's most traveled man,
Gunnar Garfors. He has, as most know, been in all, or most of
me, we who know that he is the first in the world to travel to all the
world countries more than two times, which is an incredible world secret.
There are many other world secrets, for example, he is the first to visit five
world parts on one day, together with a breeder, I don't know if he's a
breeder, but maybe he's a little faster.
And then the driver, he has taken 19 countries in 24 hours a year, that's
the only thing, or if you're going to do it soon, you can also ask him
about it. In any case, he has made some books, one of them, a series
called Bortom Allfärvägg, which is about how to enjoy all travel
goals in Norway. And now the Australian version is out, so we can talk
a little bit with him, and he has some travel tips in the fall to
the east, and he will often share from the rest of the country, because it's never
a travel book in the fall, but some of you live in a completely different place
compared to the rest of the country. So we just called Gunnar, and then we
heard what he has to say about their fall.
That's Gunnar, I hear you.
Yes, yes, yes, so good.
Tell us about the Bortom Allfärvägg Ausland. New book?
Yes, new book, and we're coming out from the front, and it will be open
in a few months. And we're talking about Norway's most
underprivileged country, the one I'm talking about is the Eastland.
Yes, because I'm talking about travel tips that have been
cast and fought in the Eastland, as we call it.
Yes, yes.
What you can do about it.
Yes, I'm pretty sure. I'm trying to find a lot of places, one place
with a lot of nature, and activities.
And then there's the surrounding area, and the people are back,
and a lot of people.
But that's the risk of this project.
So I'll give you a book about the Eastland in New Norse.
How can that be?
We have a landmark and a few other places where you can talk a little bit about

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New Norse.

Yes, that's right. We're going to be in Europe in March.

That's right.

There are two very open-minded travelers, Hamar, the 11th of October, and Ashim, the 18th of October, because we're going to show you the same drill and compass in Turkey.

That's what we have to remind people of.

Yes, we have to do that.

Geografisk Super Show, Hamar, the 11th of October, and Nyssen, the 18th of October.

That can't go any other way, very, very well.

I think it will be very nice to have a drill with us.

We're going to talk about all of this, so it's going to be nice for people to get their tickets and come here.

So we're going to talk about all of this together.

But without that, there are tips from books that are on Jaktetra.

Can you please give us a couple of good Eastern holiday tips for us?

Yes, we can do that.

We can take an open-minded place to start with.

For example, New Time guest Giveri.

Yes, it's in Denmark.

It's very far away from Kyrgyz, as you can probably hear.

And here is the old art museum hotel.

So here you have an art museum course, between the two, in Flatda, in Säljord, in the town.

Solvaj, who is now operating in the third generation.

And here you have a lot of art, and then you start up again.

So you have a lot of original art works that hang around the whole hotel.

What do you say?

A very good place with a good home made food.

And here you have a little bit of what I'm telling you about the art and so on.

It was a large number of people in the old days.

Then there was a lot of so-called Kornbitte, and it went wild in the early days of the Middle Ages.

There are a lot of stories that you can find in the old days.

I think so too.

So you were an artist and he came through year after year and then he started to become senile, but he continued.

And then one day he went up the road, with some stable stones, and you saw that he was a bit on tour,

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and then you asked him,
where are you going?
No, I'm going to take Trickenheim to Oslo.
I mean, I'm at Trickenheim.
Where do you live in Oslo?
No, if I want to have a visit,
I live in Elvegata 12.
And if I don't want to have a visit,
I live in Elvegata 12.
That's what I'm telling you.
So it's very good.
I'm sure he'll get a try to take Trickenheim
from a flat valley to a major city.
But it's a very good story,
and a lot of very good tour terrain here.
So a former king,
Oskar was here,
the most beautiful view in the whole of Norway.
So it's really a great place.
Oskar is the first one,
and he's important to me.
Yes, I know that.
Oskar has learned a lot of Norwegian,
and he's very good at it.
Yes, he's very good at it.
He was 18 years old,
so you can find him yourself.
And Oskar has zero stress,
he's completely fine.
So what do you call it,
Newtviken?
The Newt Heim Jesterjivri.
Newt Heim Jesterjivri,
and it's just to book a room with you.
That's not a big deal.
It's an old tree,
and it's been there for many years.
So a lot of original furniture,
and as I said,
a lot of art and stuff on the walls.
It's a really cool place.
So my three-year-old is going to click on it,
and listen to all the art on it.

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Yes, that's the question.

But the art is no threat.

Yes, I understand.

Okay, so that was one place.

Do we have more?

Yes, so we have a lot here.

We have, for example,

another floor,

a restaurant site on Voggo,

in the middle of the center,

which is called the shortest street in Norway.

So here you can't find it.

Right.

In Voggo Center?

Yes, in the middle of Voggo Center.

And that's probably the biggest center in Voggo.

But this is a really good place.

It's a fantastic place.

You have a lot of new restaurants,

and you have a lot of new ones,

and you have a lot of new people,

and you have a lot of new people,

and you have a lot of new people.

And many new restaurants have a jammer set- real for those who like it.

It was a campsite

where you had 6 people that were on their 50s,

and you still had to share it,

you had to split the Xiaomi.

But that was quite early.

It was literally a hotel hotel,

so it wasn't too drivey,

because it was Hoame there,

so they had to spray off all theRed ♦an I talked to.

The girls and me.

But one guest was soon thought to solve the whole situation, so can I not do it one more time, so we can get it on film?

Yes, so of course I got it in a new bottle, and none of the clothes was worn out, it must be on the terrace, but it worked out well.

And now I have improved a bit more the champagne competencies and also in other stages.

But there is also a lot of nice nature, and there it is really beautiful, right?

Yes, it is a fantastic place, so it is quite central for Norway, between Oslo and Trondheim.

There in the outskirts of Kjordalen, there is also the Riddar spring, which Gorge has been checking out.

It is 11.80 meters above, so it is a mountain on both sides.
And here there was a legend, or rather a Riddar, which I gave another Riddar.
It is called Sigvat, which I gave another Riddar, called Ivar.
It is called Slossom, which is a very nice lady, called Skorvang Solan.
And then I got to know that Sigvat had jumped over this river, over 11 meters above the river.
And then I did some research, and I am there, and I just thought, this is awesome to jump over here.
And there are at least two of them, so I tried, and you came up with both.
And if this can go on, but I am not sure.
And then I did some research, and then I found out that Sigvat had jumped over this river,
with Skorvang Solan on the river.
But underneath it, he had almost.
So you did quite a lot of things, right?
So then I thought, then it is fine.
Maybe that is why the name Riddar also jumped.
Yes, exactly.
For those who are not as good as all of us in Vågål,
then it is just 4-5 hundred meters up, and a very nice trip along this very steep river.
So then it feels easy to get over here.
There are two of them, as we talked about.
We can just see for ourselves how it will be with the autumn colors,
and it will all be very nice up here now.
Yes, it is awesome.
If there is something that we do on such an activity holiday,
do you have any good tips there?
Keep yourself in shape during the trip?
We can take a dressing suit in the new weather.
Oh, that is what Mora Farmin has done.
Oh, yes, that is true.
Yes, and they think it was very good.
Yes, yes.
So if you think about it, it is the closest or almost closest to us,
but not to take three or four locomotives at 800 tons.
So then we can take a type of suit that goes on this same machine.
Yes, it is very smooth with this, too.
It is as expected, and I have not tried it before,
but it is as expected with one type of volume here.
So it is almost stressful.
And then it was very, very nice to take the young ones on.
So you can take the suit yourself or sit on it.
And then there was a four-door, so it was on here,
and then two of my colleagues took it.
But when I was going to take ten or twelve,
he took the first dressing suit and cycled like a bear to the first,

no, the second tunnel, which is swinging.
And then he took it with his back, up in the back,
he is a cassette player,
and then he has taken the sound of a twelve-tongue.
Haha!
When my colleague came home, he put it on play, on full volume,
and I was terrified, I think.
I thought it was funny.
It was fun.
Here you have strictly not promised to do it,
but a little more humor than that, of course.
Of course, if you do not fuck with your friends,
then it will be funny, of course.
Haha!
Haha!
It's funny, but it's a bit funny that there is a bicycle dressing,
and it's not like that,
you are standing on each side and whipping up like a pump.
Yes, yes, yes, yes.
Because my dream is that I am on one side,
and then there is the chimpanzee on the other side,
which is just too short,
so that it spreads up the way,
the chimpanzee is blind and cigarette.
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Haha!
If you cycle as far as you want,
and stop at one of the many stations,
you can lie down at the old train,
if you want to do it yourself,
you can have parties in the train,
or in the afternoon in the train,
or you can spend the night at the up-to-fly train station.
This is really enough to handle.
Fantastic.
Everything is in a way

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a bit loose, defined in the East.

Do you have any other parts of the country
that have been visited?

No, I don't.

What is your favorite part of the country?

Do you have any other parts of the country
that have been visited by the North Americans?

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Haha!

There you have the best hill, so to speak, and there you have a fat cozy place with alpacas, and then you go around in the garden.

So you can build in different huts, or in an old garden, and all of a sudden you know where to get your health.

Fatty, in contact with animals that are super cozy.

So that is completely clear, I can recommend a place to stay.

That is a good tip. How do you get close to taking your car?

Yes, I take my car to Sognal. It is so far between Sognal and Luster. The bus goes there.

You can go with the train to Flamme, and then we take the bus.

It is located in the central part of the city, so the car or the bicycle is probably the best.

Your own transport is something else.

When you yourself are going out to travel now, I wonder if you will take a vacation. Where is your vacation going for you?

No vacation, so now I drive and write a new book about Ecuador.

So now I will travel around Ecuador. So there it is, 13 countries.

So I am in Ecuador, so I was in Amazonas, and Segland is a big part of Elva, with local boats.

The trophy is a barbecue grill between the two countries. So that was a surprise.

What was that?

He was kind as a countryman, at least. But the other side was not the same. He told a different story.

So it was a job, but at least you had a check on the trip. So thanks to that job, I have a bit of a complaint.

I almost missed a little bit, to write a book about how you can come here to the Maldives and write it off.

Yes, I am interested. The Maldives. That was something for some Romanians.

If you want to do something special, most of the trips to the Maldives start at a resort hotel.

Yes.

Of course there are a lot of good Instagram pictures, but that is what we did.

We traveled a bit to the local island, to the local hotel, and used local transport.

The Maldives are one of the two countries where the equator goes through, but the equator goes

between the islands.

We were not on the island, so we crossed the equator with the boat a couple of times.

But we did not see the equator line, so it is not a marker on the Maldives.

No, but then the question is, can you clean up the Maldives?

Yes, because you have islands on both sides of the equator.

Of course you can say that the front coast is one of the countries.

If you have a front coast, you have the Union, for example, which is in the south.

But if you have a front coast, then you have the USA, which has an island in the south of the equator, and then the north of the equator.

Yes, we can talk about Norway, we live in Sweden.

But then it becomes a more comprehensive book.

After two countries, the equator in the south, the equator in the south, is in the south.

It is said that it is located on the equator, but that does not really matter.

It has islands in the north and in the south, but it is not the same.

So it is not enough to be located on the equator.

No, not at all.

But this can be discussed in different ways.

As a geography, we must do as much as we can on the sea and on the island.

Yes, we all have to listen to us and talk about this.

Thank you for giving us some extra tips.

That was so small. Thank you for coming.

Plan B.

This is me, one of the trunkers here. He is from 198 countries.

Now I have made a 198 countries app, where you can surf around on different maps and learn a lot about different countries.

And you can manage to fix them there.

And all this with quizzes.

Where you can test yourself against the rest of the people in Norway.

You get into the top list, so you can see how you do it in a geography quiz.

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