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Stilton Literary Agency
Hans Petter Bakketeig
hanspetter@stilton.no
Leyla Körner Øier
leyla@stilton.no
+47 47 674759
stilton.no

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Ingvild Holtan-Hartwig

The Tundra Doctor



As a young, newly graduated doctor from Oslo, Ingvild Holtan-Hartwig applies for a residency at a GP office in Karasjok—a small, isolated village in northern Norway. This book is about her encounter with a community and a way of life completely different from what she used to. Life on the tundra is an abrupt transition from life in the big city. She shares stories of conversations with the sick and vulnerable, with next of kin and colleagues, and how these interactions shape her as a doctor. Gradually, she becomes familiar with all aspects of rural life—both the good and the bad. As an intern and eventually a GP, she faces all kinds of challenges: when do you decide to treat someone or not? Who decides when a life has been fully lived? What truly constitutes good healthcare? What does it really mean to do a good job and live a good life? *The Tundra Doctor* is a funny, poignant, and touching book about living life a little differently than initially planned—and about trying to be a good doctor.

Ingvild Holtan-Hartwig

Ingvild Holtan-Hartwig was a medical doctor at the University of Oslo. Before moving to Karasjok, she worked as a doctor at the emergency room in Oslo and at Ullevål Hospital. She has always had an interest in communication. *The Tundra Doctor* is her first book.

