

Resources from the E-Course

Moving to Norway - Orientation for International Workers

Module 1: Welcome to Norway

Information about how to apply for residence, citizenship or immigrant passport:

[Want to apply - UDI](#)

Registering your new address when moving to Norway:

[Move to Norway - The Norwegian Tax Administration](#)

Registering as a resident (for citizens of a Nordic country):

[Folkeregistrering i Norge | Nordisk samarbeid](#)

To book an appointment with the Tax Administration Office:

[Book an appointment with the Tax Administration - The Norwegian Tax Administration](#)

Apply for family immigration:

<https://www.udi.no/en/want-to-apply/family-immigration/?nav-veiviser=12924>

Information and applications for different types of identification numbers:

[Identification numbers - The Norwegian Tax Administration](#)

Applying for residency permit:

[Immigration to Norway - UDI](#)

Information about waiting times with UDI:

[Waiting time - UDI](#)

Booking an appointment with the police to submit application documents:

[Booking and attending - Politiet.no](#)

Appealing a decision by UDI:

[Appealing a decision - UDI](#)

How to set up an electronic ID:

- <https://www.norge.no/en/digital-citizen/electronic-id>
- <https://bankid.no/en>
- <https://eid.difi.no/en/minid>

Electronic ID without a D number:

<http://www.buypass.com/>

<http://www.commfides.com/en/privat-e-id/>

Useful apps:

- Vipps digital payments: <https://help.vippsmobilepay.com/en-NO>
- Travel planner: <https://entur.no/>
- Weather forecast: <https://www.yr.no/en>

Searching for job vacancies:

- Jobb - FINN.no
- Arbeidsplassen.no - Alle ledige jobber, samlet på én plass
- EURES (EU/EEA only)
- The Hub | Find your next exciting startup job(**startups**)
- Adecco | Ledige stillinger og bemanningsløsninger i hele Norge(**recruitment agency**)

Recognition of foreign education:

[Recognition of foreign education - to work in Norway | HK-dir](#)

Authorisation and License for Health Personnel:

[Authorisation and License for Health Personnel - Helsedirektoratet](#)

Information about laws and regulations in Norwegian workplaces:

[The Norwegian Labour Inspection Authority](#)

Service centre for foreign workers:

[The Service Centre for Foreign Workers | SUA](#)

Information about contracts of employment:

[Contract of employment](#)

Information about tax deduction cards:

[Tax deduction cards - The Norwegian Tax Administration](#)

Resources and information about discrimination:

- <https://www.diskrimineringsnemnda.no/>.
- <https://www.noas.no/>
- <https://caritas.no/en/resource-center/>
- <https://seifnorge.wpcomstaging.com/hjelp/do-you-need-help/>
- <https://antirasistisk.no/engelsk/>

Module 2: Culture and history

LGBTQI+ organizations:

- <https://foreningenfri.no/>
- <https://www.skeivverden.no/en/>

Disability organizations and associations:

- <https://www.blindeforbundet.no/om-blindeforbundet/information-in-english>
- <https://nad.nhf.no/>
- <https://www.hlf.no/forside>
- <https://abloom.no/>

Module 3: Life in Norway

Information about the right to roam:

[About the right to roam in Norway - Norwegian Environment Agency](#)

Information about fishing regulations:

[Rules for recreational fishing in rivers and lakes - Norwegian Environment Agency](#)

Digital safety check for mushroom foraging:

[Soppkontroll.no](https://soppkontroll.no) - Norges sopp- og nyttevekstforbund

The Norwegian Mountain Code:

[The Norwegian Mountain Code](https://www.norwegianmountaincode.no) - Røde Kors

Borrow equipment for outside activities:

[BUA](https://www.bua.no) | [BUA](https://www.bua.no) - Gratis utlån av sports- og fritidsutstyr

The Norwegian Trekking Association:

<https://www.dnt.no/english>

Video about life in Norway with children:

https://www.youtube.com/watch?v=86Hbli-3VHw&ab_channel=Barne-%2Cungdoms-ogfamiliedirektoratet%28Bufdir%29

The Tenancy Organization, for rights and safety for those renting housing:

[Leieboerforeningen](https://www.leieboerforeningen.no)

Information about studying in Norway:

<https://studyinnorway.no/>

Information about admission and requirements for students:

[General requirements](https://www.admission.no) - English

Exemptions and documentation for tuition fees:

[Exemptions and documentation](https://www.uio.no) - University of Oslo

Information about applying to study in Norway:

[The Norwegian Universities and Colleges Admission Service](https://www.admission.no) - English

Applying for student loans:

<https://lanekassen.no/en-US/rules-and-regulations/tildeling/del1-kapittel2/foreign-nationals/>

Information about EU/EEA driving licences in Norway :

[Using an EU/EEA driving licence in Norway](https://www.statensvegvesen.no) | Statens vegvesen

Information about driving licences from outside of the EU/EEA:

- [Using a driving licence from a non-EU/EEA country in Norway | Statens vegvesen](#)
- [Exchange of driving licences from countries outside the EU/EEA | Statens vegvesen](#)

Information about tyre requirements:

[Tyre requirements | Statens vegvesen](#)

Information about driver training in Norway:

[Driver training | Statens vegvesen](#)

Importing cars and other vehicles:

[Importing cars and other vehicles - Tolletaten](#)

For questions and more information about driving in Norway:

[The Norwegian Public Roads Administration | Statens vegvesen](#)

Module 4: Working in Norway

The Norwegian model explained:

<https://www.oslo.kommune.no/english/welcome-to-oslo/norwegian-society/the-norwegian-model/>

Information about rights and obligations when working in Norway:

[Working in Norway: Your rights and obligations](#)

Annual performance review explained:

[Medarbeidersamtale - Kunnskapsbasen - NTNU](#)

Information about Norwegian dress codes and culture:

[Norwegian Dress Code - Working with Norwegians](#)

Information about Norwegian labour law and regulations:

[The Norwegian Labour Inspection Authority](#)

Information about sectors with minimum wage requirements in Norway:

[Minimum wage](#)

Information about how wage settlements are conducted for state and municipal sectors:

[How wage settlements are carried out - Forskerforbundet](#)

Information about health and safety in the workplace:

[HSE cards](#)

Introduction to taxes in multiple languages:

[Informasjon om skatt, flytting og identitetsnummer for utenlandske arbeidstakere - Skatteetaten](#)

Comprehensive information and guidance on what to do when you are going to start working in Norway:

[Before you start work in Norway, you must do the following - The Norwegian Tax Administration](#)

Check-list for tax deductions:

[The deduction wizard - The Norwegian Tax Administration](#)

Labour unions:

- [Welcome to LO Norway | Landsorganisasjonen i Norge](#)
- [UNIO](#)
- [About YS — YS](#)
- [English | Akademikerne](#)

Information about public holidays:

[Public holidays in Norway | Nordic cooperation](#)

Information about the National Insurance Scheme and benefits:

- [Membership of the National Insurance Scheme - nav.no](#)
- [Sickness benefits \(sykepenger\) - nav.no](#)
- [Unemployment benefit \(dagpenger\) - nav.no](#)

Contact information for NAV:

[Contact us - nav.no](#)

Information about pension:

[Norsk Pensjon - Sjekk din pensjon](#)

Information about starting up and running a business:

[Start and run business - The Norwegian Tax Administration](#)

Module 5: Public administration and social services

Information about voting rights:

[Voting rights and the electoral register - Valgdirektoratet](#)

Detailed information about health rights for foreigners in Norway:

[Foreigners in Norway - Helsenorge](#)

Videoguide to Norwegian health care services:

<https://vimeo.com/1031114283?share=copy>

Information about payments, fees and exemptions for health services:

[Payment for health services in Norway - Helsenorge](#)

Information about reproductive care in Norway:

[Healthcare in Norway - Helsenorge](#)

Information about healthcare for children and adolescents:

[Healthcare in Norway - Helsenorge](#)

Information about the right to an interpreter in the health care system:

<https://www.helsenorge.no/en/health-rights-in-norway/interpreter/>

Information about the school health service:

[The school health service in Norway - Helsenorge](#)

Information about the Norwegian Child Welfare Services: [The Norwegian Child Welfare Services \(barnevernet\) | Bufdir](#)

Information about moving to Norway with children.

[Are you considering moving to Norway with your children? | Bufdir](#)

Resources for victims of violence, those who use violence, relatives and professionals:

[Articles on help with violence and sexual abuse - Dinutvei.no](#)

Information about hotlines and other available support mechanisms:

[Do you need someone to talk to? - Helsenorge](#)

Information about drug legislation in Norway:

[Lovgjevinga på rusfeltet - regjeringen.no](#)

National drug helpline:

[Information in English - Rusinfo](#)