

# Resources from the E-Course

## Moving to Rana Municipality - 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 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 - Norges sopp- og nyttevekstforbund](#)

**The Norwegian Mountain Code:**

[The Norwegian Mountain Code - Røde Kors](#)

**Borrow equipment for outside activities:**

[BUA | BUA - 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](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](#)

**Information about studying in Norway:**

<https://studyinnorway.no/>

**Information about admission and requirements for students:**

[General requirements - English](#)

**Exemptions and documentation for tuition fees:**

[Exemptions and documentation - University of Oslo](#)

**Information about applying to study in Norway:**

[The Norwegian Universities and Colleges Admission Service - 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 | 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 \(sykepengen\) - nav.no](#)
- [Unemployment benefit \(dagpengen\) - 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](#)

**Vdeoguide 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](#)

## Module 6: Rana Municipality

**Report about the labour market in Mo i Rana:**

[Labour-Market-Report.pdf](#)

**Information about relocating to Mo i Rana:**

[Relocate - Mo i Rana your next home - Mo i Rana](#)

**Information about kindergartens and schools in Rana municipality:**

- [Skolene i Rana - Rana kommune](#)
- [Barnehager i Rana - Rana kommune](#)
- [Polarsirkelen vgs](#)
- [Den kulturelle skolesekken i Rana - Rana kommune](#)

**Information about family services from Rana municipalities:**

- [Barn, unge, familie og integrering - Rana kommune](#)
- [Rana barneverntjeneste - Rana kommune](#)

**Information about maternity health in Rana:**

[Jordmortjeneste - Rana kommune](#)

**Information about the school health service:**

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



**Information about the local hospital:**

[Forside - Helgelandssykehuset HF](#)

**Finding housing for rent in Rana:**

[Bolig til leie i Rana | FINN Eiendom](#)

**Different teams, clubs and organizations in Rana:**

[Lag og organisasjoner - Rana kommune](#)

**Information about different things to do in Rana:**

[Things to do in Mo i Rana - Mo i Rana](#)

**Information about different Christian congregations in Rana:**

<https://www.rana.kirken.no/Menighetene>