



NEW
IN OSLO

Møllergata 3, 0179 Oslo
Phone: 24 14 98 20
Mon-Fri 11-17
Sat 12-17

Ask us about anything!

UNGINFO

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www.facebook.com/unginfo

post@ung.info

UngInfo is run by UngOrg (Barne- og ungdomsorganisasjonene i Oslo)

UNGORG



WELCOME TO OSLO

Whether you are here for studies, seeking a job, are on vacation or anything else, welcome to Oslo!

In Oslo, you will find youth from all over the world looking for work or studying. Some are quick to adapt and get settled in the Norwegian society – but not everybody finds the transition smooth. There are probably a lot of things you need to fix before you settle down. That's why we have made this guide for you.

We want to give you an introduction to some of the things you need to know when you are new in Oslo: your first steps, getting a job, finding an apartment, the education system, and other practical arrangements - like language courses and where to find medical help.

Look up what you need, and be sure to tell us if there is anything else you wonder about. We have an office downtown in Møllergata 3. If you visit us, we can help you further. (for the age group 13-27).

**YOU COULD ALSO VISIT OUR
WEBPAGE UNG.INFO FOR
MORE INFO.**

In the meantime - have a nice read. Welcome to the city, and hope you get settled well.

COME VISIT US

UngInfo is an information center in Oslo for young people under the age of 27. We were established in 1992 and is run by UngOrg (An umbrella organization for children and youth organizations in Oslo). We provide information about topics concerning youth; guidance with jobseeking, information about education, accommodation, healthcare and even information for tourists in Oslo. You can also use our computers and internet for free. UngInfo strives to ensure that the information provided is reliable, accurate and easy to understand. All our services are free of charge and are offered in an informal manner in a relaxed environment.

If you have any questions, feel free to visit our office in Møllergata 3.

Telephone: 24 14 98 20 Email: post@ung.info Web: www.ung.info



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NEW
IN OSLO

OSLO IN A NUTSHELL


Oslo may not be the biggest city in the world, nor the prettiest, but we still love it. Why? Well, you'll need to find that out for yourself. Everyone has their own reason for loving this city – we hope you will find yours.

Oslo has over 600 000 inhabitants, and 60 000 students. The number of Swedes in Oslo is almost as high: over 50 000 Swedes work in Oslo, many of them in the service sector. Oslo is dark in the winter, but the summer days are long. The same can be said about the people: We may seem introvert and down during the winter months – but we spring to life in the summer-time.

HERE ARE SOME FACTS:

- Oslo is a vibrant culture city. Around 5000 concerts each year – an average of 14 a day – makes Oslo the concert capital of Scandinavia.
- The geographical center of Oslo lies in the middle of a small lake called Svartkulp (close to Sognsvann). This also happens to be one of Oslo's three nudist beaches.
- Oslo is divided by the traditionally wealthy western part, and the previously working-class east. All of the top 100 wealthiest persons in the city lives in western Oslo.
- Oslo is one of only three capitals in the world starting with the letter "O" (The other two are Ottawa and Ouagadougou).
- The most popular boy's name in Oslo in 2012 was Mohammed.

There you go: five more or less random facts about Oslo.



WELCOME TO OUR
CITY. WE HOPE
YOU LIKE IT.





YOUR FIRST STEPS

Before you do anything else in Oslo, there are a few steps you must take. In the following pages you will see what you should do when you first arrive in Oslo, whether you are a Nordic citizen, a citizen from EU/EEA, or a non-EU citizen. These are the main general rules, which you should read before you dive in any deeper.

The guide is targeted towards young people who come here to work – but with a few exceptions, the same steps apply to students as well. First of all, let's mention two things you should start working on at once:

1. *Find a job*

- Check out our tips for finding a job in Oslo later in this booklet.
- Remember to get a written contract. You will need it later for registration purposes.

2. *Find a place to live*

- See our tips for accommodation in Oslo.
- Remember to get a written contract. You will need this later as well.





NORDIC CITIZENS

As a Nordic citizen, the rules and regulations are few and fairly straight-forward. This is what you need to do:

Get a tax card

Show up in person at your nearest tax office (skatt øst).

In Oslo, the tax office is located under the same roof as the Center For Foreign Workers: in Schweigaardsgate 17. Bring your passport and a copy of your employment contract, and the application for the tax deduction card.

You will be given a Norwegian ID-number along with your tax deduction card, or a D-number if you intend to stay for less than 6 months.

Report your move to Norway

Register your move to Norway at the tax office (Skatt Øst).

This is mandatory if you intend to stay for more than 6 months. Bring your passport, a copy of your housing contract and proof of subsistence (e.g. your employment contract).

OSLO TAX OFFICE AND SERVICE CENTER FOR FOREIGN WORKERS.

**THIS IS THE PLACE TO GO
FOR TAX CARDS, ADDRESS
REGISTRATIONS, RESIDENCE
PERMITS AND PLENTY OF
OTHER ISSUES.**

SCHWEIGAARDSGATE 17

**OPEN MONDAY-FRIDAY
09:00-15:00 (14:30 DURING
SUMMER SEASON)**



** did you know oslo is called the city of the tiger?*



EU/EEA CITIZENS

If you are an EU or EEA citizen, you don't need a residence permit to stay in Norway. You have the right to stay up to three months, and you have the right to work during this period. If you want to stay for more than 3 months, you need to have a job (or another reason to stay – for example, you can be a student). You also need to register with the police. So, your step-by-step guide:

Register with the Police

- Register online at selfservice.udi.no. You will get an appointment to meet in person at your nearest police station or service center.
- Show up in person at the service center.
- Bring your ID or passport, and your employment contract.

Get a tax card

Show up in person at the tax office (Skatt Øst). Bring your passport, a copy of your employment contract, and the application for the tax deduction card.

You will be given a Norwegian ID-number along with your tax deduction card, or a D-number if you intend to stay less than 6 months.

Report your move to Norway

If you intend to stay for more than 6 months, you need to register your move with the Norwegian authorities. Go to the tax office, and bring your:

- Passport or ID
- Registration Certificate (issued by the police)
- Housing Contract
- Employment contract or other documentation of subsistence.

Again: in Oslo, all of this can be done at the same address: Schweigaardsgate 17. Here, you will find the tax office and Service Center for Foreign Workers under the same roof.



CHECK OUT:
UDI.NO
SELFSERVICE.UDI.NO

FROM OUTSIDE EU/EEA

If you are from outside EU/EEA and want to work in Norway, you need a residence permit to stay in Norway. There are different types of permits. You will find yours at udi.no.

Registration

After you have found your residence permit you have to register your application in the application portal. Then you can book an appointment with the police. And after that you can meet with the right officials in person.

Residence card

In addition to your residence permit you have to have a residence card. The residence card proves that you have a valid residence permit in Norway. To get the residence card, you can visit a police station, have your photo taken and provide a sample signature and your fingerprints. You do not need to apply for a residence card if you have a valid residence sticker in your passport.

Tax card

You need a tax card to work in Norway. You can get your tax card at the tax office (skatt øst). Just remember to bring your passport, a contract or written offer of employment and the application for the tax deduction card.



SUA (CENTER FOR FOREIGN WORKERS)

This is the place where you can fix a lot of the things mentioned above. Located centrally downtown, the thought behind SUA (Center for Foreign Workers) is to gather the relevant authorities at one place - this means the tax office, the police, etc.

CHECK OUT:
SUA.NO

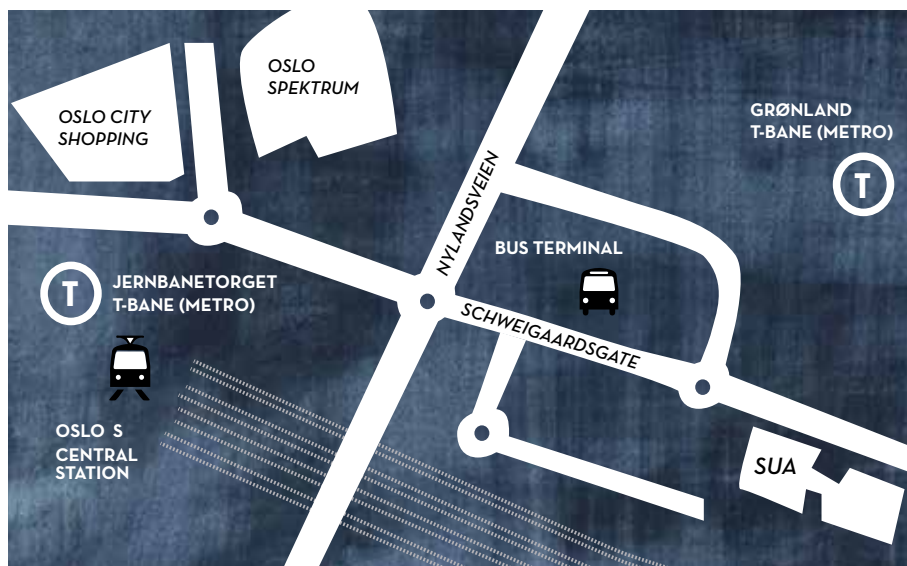
Schweigaardsgate 17

Opening hours:

From 15 September to 14 May: Mon - Fri 09.00-15.00

From 15 May to 14 September: Mon - Fri 09.00-14.30

TIP: GO EARLY. THERE WILL PROBABLY BE A LINE.





USEFUL RESOURCES

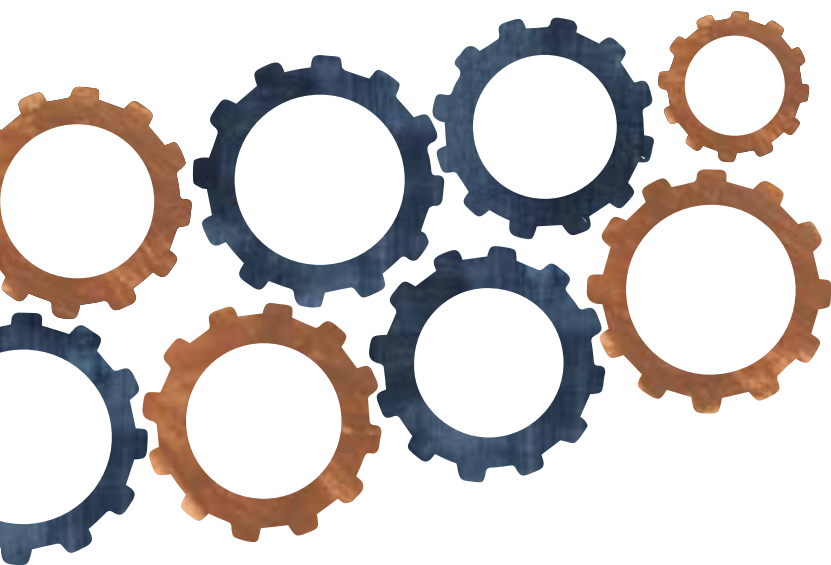
- Caritas Information Center for Labor Immigrants
Storgata 38. Open Tuesdays, Wednesdays and Thursdays
10.00 – 16.00.
Caritas.no
- The Norwegian Labor and Welfare Administration.
Nav.no/English
- The Norwegian Police's international pages.
Politi.no/international
- The application portal of the Directorate of Immigration.
EU citizens start their registration here.
Selfservice.udi.no
- The Norwegian Tax Administration's international web-
page. Go here for information about tax cards, tax returns,
reporting your move etc.
Taxnorway.no
- For general information about immigration to Norway.
UDI.no
- The official guide to working in Norway.
Workinnorway.no





HOW TO GET A JOB

One of the most important things for your stay here in Oslo is to get a job. This is not the easiest task, but your chances should be good if you are persistent. If you are here to stay, our best advice is to learn Norwegian – you will be suitable for a lot more jobs. In the meantime, our advice is to get any job you can so you can settle. Even though the job market is pretty good compared to other places in Europe, the kind of jobs you are likely to apply are competitive and somewhat scarce. Do not get disheartened – but know that it might take some time, and that you have to be both smart and persistent.





Finding a job

CHECK OUT:
FINN.NO
NAV.NO

LISTINGS

You will find listed job openings on the web, and the two largest databases are nav.no and finn.no. Here you will find most of the listed jobs. But remember: More than 70% of the jobs are never listed at all, and a lot of the jobs listed require that you speak Norwegian. The webpages are written in Norwegian as well, so you need to use Google Translate. You should keep an eye on both nav.no and finn.no – but maybe not as your main strategy.

FIND THEM YOURSELF

This is more important. A lot of work is given to people who seek out the jobs themselves. You could do this by printing out your CV and cover letter and visit relevant places where you want to work. Keep an eye out for positions advertised in store windows (but do not rely on them). Smile and do your best to get to meet the manager. Also, if you know someone who already works in Oslo – be sure to let them know that you are looking for work.

TEMP AGENCIES

This might be a good short term strategy. You sign up for e.g. Adecco or Manpower, and if you get hired you take on temporary work of your choosing. You could work one week at a canteen, then two weeks at a warehouse, etc. It is a good way to get money fast, it is pretty flexible and the companies are reliable. You also get paid relatively quickly. On the downside you have to deal with the stress of changing jobs all the time. You are also expected to perform well and say yes to assignments if you are to be offered more later.



WHAT JOBS CAN YOU APPLY FOR?

If you are applying for a job dealing with customers/people directly - you generally need to speak Norwegian. Especially when the customers do not speak English - e.g. in places where elderly or children frequent. Kids might for example shop at the grocery, so you need to speak Norwegian to work there. Try to find bars, hotels, “cool” restaurants, cafés and shops, or other places where the crowd is fairly young or hip. They usually speak English well.

Typical places to get a job:

- Hotels
- Canteens, restaurants, kitchens
- Cleaning, warehouses
- Delivering the mail, newspapers
- Temp agencies

Best overall strategy:

- Meet managers in person. This is important. If the manager is not in, try again later.
- Write a CV and a cover letter tailored to the type of job you are applying.
- Apply for a lot of jobs (10 or more a day).
- Find the jobs with the highest chances for you - a place without customers or with an English speaking crowd.

Qualified work

If you are applying for qualified work, e.g. as an electrician or plumber or doctor, your strategy should be different. Be sure to use nav.no and finn.no. Also, be sure to check that your qualification really counts as a qualification in Norway as well. You can check this at NOKUT: www.nokut.no or call them at (+47) 21 02 18 00.



YOU NEED A CV

On the next page you find an example of the standard CV used in Norway. It differs somewhat from the American “Resume”, but resembles most CVs written in Europe. The basic is to use 1-2 pages with contact information, background and skills, listed in reverse chronological order.

Categories:

Key skills (optional)

A brief and relevant summary. Either a couple of lines or a bulleted list that shows your main skills/selling points.

Education

Your past and current education with dates (month and year) and an explanation of the level and type of study and qualifications received (if it is not self-explanatory).

Experience

Your paid and unpaid work experience, with dates (month and year) and an explanation of what you did there). This is by far the most important section on your CV, and you should complete it thoroughly.

Other

Here you can list your other activities and experience. The most common categories in this section in Norway are “courses”, “language” and “computer skills”.

References

If you have references – a former boss or colleague that can testify for you as a worker - list them on the bottom of your CV with name, contact info and short description. Like this: “Martin Kellerman, Manager of Mind Corporation, telephone: +44 456 73 450/martin@mind.com”. Two or three references is fine. You could also write “References available upon request”,

Turn the page to see the CV

IF YOU NEED HELP WITH
YOUR CV, BE SURE TO
VISIT OUR OFFICE!



CV EXAMPLE

George Tiston

Møllergata 3, 0179 Oslo
Tlf: + 47 57343423 | george@gmail.com
Born: 24. february 1993

Key Summary

I am a hard worker with experience from retail and the restaurant business in London who wants to work in a restaurant or with food service in Oslo. I am an avid learner and pleasant co-worker who have lived my life in London, but am now pursuing my opportunities here in Oslo.

Education

Jan 2010–May 2012 Bircbeck College, London
Majored in Economics and Physics

Work experience

Feb 2012–May 2013 Waiter and bartender, Limonchella Restaurant London
Full-time after college. I waited tables, served food and mixed drinks in the bar.

April 2009–June 2010 Shop Assistant, Harrods

Other

Languages English mother tongue
French intermediate level, written and orally

Computer skills Ms Office, Adobe Photoshop, Basic HTML

References

Lionel Dominiki Owner, Limonchella Restaurant, + 44 99 88 56 65 / lionel@limo.uk
George Bradshaw Researcher, Department of Economics, + 44 99 77 56 65 / gbrad@gmail.com



COVER LETTER

It is not unusual to see English-speaking applicants here in Oslo applying with just the CV – but the norm in Oslo is to write a cover letter as well, and you should definitely do it. The main reason to have a cover letter is to present yourself in a more personal manner than the formal CV, and to show the employer that you are motivated, excited and the right fit for his/hers job - opening.

General outlines for the cover letter:

- One page
- Formatted as a letter
- State your motivation, skill level and how you can contribute
- Be personal, show them who you are, tell your story

The cover letter is your chance to give the employer the “history of you”. Why you are in Norway, what you can do for them, what your background is. If you feel you have any “weakness” in your candidacy, e.g. too little experience, this is your chance to tell them why you should get a job anyway, and why you are the right person. Show them a bit of your personality.

Turn the page to see the Cover Letter





COVER LETTER EXAMPLE

George Tiston
Møllergata 3
0179 Oslo

Oslo, February 9th 2014

Application to work in your restaurant

Dear Mrs. Ingebrigtsen. I am a 23 year old male from London who have recently moved to Oslo and got news that you were hiring at your restaurant. I would be very interested in working with you and hope that you will see me as an interesting fit.

I have some relevant experience that might suit your needs. For two years I waited tables at Limonchello in London, a restaurant not unlike yours, serving an Italian menu and specializing in desserts. My role was to waiter, clean tables and occasionally run the bar, and I managed to maintain a high performance in my tasks, also when the restaurant was crowded. I am confident that I will manage the same for you.

As you can see from my CV, I also have experience from Harrods, where I functioned as a shop assistant for over one year during weekends and vacations.

These experiences have given me insights to perform satisfactory – especially in a customer-related business. And I really think I can be a valuable part of your team.

In me you will find a smiling and fast-paced worker who is looking forward to perform. Please call me at +44 99767533 or mail me at gtiston@gmail.com if you have any questions. I can work 5 days a week, and start any time.

Hope to hear from you soon.

Sincerely,

George Tiston.



LAST TIPS

- Include a picture in the CV (professional and smiling)
- Tailor the cover letter to the jobs (write one cover letter for bartender jobs, another for cleaning jobs)
- Emphasize your relevant background (for restaurants, experience as a waiter is more important than your degree)
- Be careful with acronyms or “internal” language and explain things that might get lost in translation

THE INTERVIEW PROCESS

Often you would just have an informal conversation with one or two of the bosses at the workplace.

It is wise to:

- Read your own CV beforehand
- Bring extra copies of your CV and cover letter
- Bring a paper with your references, if you have
- Show them that you know something about them
- Tell them your “story” - who you are and why you are here
- Be presentable, on time, and with a firm handshake

If you are using the effective strategy of going around and visiting employers with a CV and cover letter, chances are your interview would also be an informal one, like a quick talk or brief meeting. Treat this as a professional interview situation nonetheless.



THINGS TO KNOW ABOUT THE NORWEGIAN LABOR

- We have no law-regulated minimum pay. Whatever you and your employer come to terms with is legal. The norm is still to get at least 120,- an hour, including late night extras. If you are a member of a union, they often have negotiated the salary for you.
- You are entitled by law to get a signed working contract (stating your pay and amount of work) within a month. Be sure to ask for it.
- If you need a training period in the beginning in order to manage the job, this is by law fully paid.
- If you quit, you are entitled to get a signed statement proving how long you worked, and what sort of job you did
- Every year you are entitled to holiday pay – usually 12% of your earned salary the previous year. If you quit, you can get this money when you leave.

This is just a basic outline of the laws and regulation. You can read more at arbeidstilsynet.no, or at the unions like lo.no.

Tip: The Norwegian Labor Administration holds information meetings about living and working in Norway for EU/EEA citizens. Here you can get information about the labor market situation, advice for job seeking, accommodation and so on.

*Tuesdays and Fridays at 10:00
NAV Frogner, Sommerrogaten 1*

CHECK OUT:
ARBEIDSTILSYNET.NO
EURES.EUROPA.EU
NAV.NO
LO.NO



ACCOMODATION IN OSLO



FIND A PLACE TO STAY

It can be tough out there on the fields of the rental market. But don't panic! It is actually possible to get a roof over your head in Oslo without spending your entire paycheck on rent. All you need is a little bit of patience and a strategy on where and how to look.





WHERE TO LOOK

As with everything else, the internet is a good place to start your research on accommodation in Oslo. The most used sites are finn.no and hybel.no. Unfortunately they are both in Norwegian so it is recommendable to use Google Translate or other translation tools if your Norwegian is still on ice.

CHECK OUT:
HYBEL.NO
FINN.NO

It can also be helpful to put in an ad yourself – you will find “accommodation wanted”-categories on both finn.no and hybel.no. You should specify the type of accommodation, what you do (student, regular employment, etc.) and where in the city you want to stay if location is important to you. Many also indicate how much they can pay, but that can serve as both positive and negative.

ACCOMMODATION CV - A HOUSING RESUME

A housing resume is a small text and résumé about yourself and where you have lived before. This paper is given to the landlord at the viewing, and is a good way to stand out in the crowd of people you compete with in the battle of getting a roof over your head. This paper will give the landlord an idea of who you are as a person and what you do in Norway. There is no norm that requires you to have an accommodation CV – it is completely optional, but sometimes it can be exactly what you need to get the crib you want.





IMPORTANT AT VIEWINGS

- Show up on time!
- Firm handshake and eye contact when you introduce yourself.
- Show interest in the apartment; ask questions about the place and neighborhood.

How much?

Just as with beer and food, accommodation in Oslo is expensive, but if you look the right places you might find something affordable. If you are lucky it is possible to find a cheap room between 3500-4000 kr, but the average monthly rental price is around 5000 kr or more. The prices vary in the different areas in the city, and tend to be lower the further you get from the city center. If you are willing to sacrifice 20 minutes on taking the train to Oslo Central Station or The National Theater, you might want to consider living in Lillestrøm or other smaller towns that are fairly close to Oslo.

But remember that the rental market in Oslo keeps changing – at times you can get yourself a home on the day, while other times you have to look a while before you find something. It all also depends on the price and location, that you are able to pay the rent and how picky you are, of course, to decide how long you need to look.





LOST IN ACCOMMODATION-TRANSLATION

Finding your way through the Norwegian language on your search for housing can be a bit difficult. But with a few words in mind, you might find it just a little bit easier.

Kollektiv

A shared flat where you have your own room and share bathroom, kitchen and common areas with other people. The rent is shared equally, or based on the size of the room. If you are new in town, this might be a good way to get some new friends! If you want to keep your rent to a minimum and live in a social way, this is a good option.

Hybel

A “hybel” can be a room in someone’s apartment or house. You might have to share kitchen and bathroom with the owner or a flatmate. In Oslo, you can also find different kinds of “studenthybel” for students, where you share flats with other students. Check out www.sio.no or www.ankerstudentbolig.no for more information about student housing in Oslo.

Leilighet

Part of a house or a larger complex, often separated as independent housing. Also known as an apartment.

Husleie

Your new Norwegian favorite word! No, not really. It means rent – remember to pay it on time.

Depositum

A deposit is an amount of money that you put into a deposit account before you move in. The money works as a guarantee for the landlord in case you damage something in the apartment or fail to pay rent. The deposit is usually 1-3 months rent, maximum 6 months. Do not EVER transfer money to a random account without knowing that it is a proper deposit account. The tenant and the landlord must go together to the bank to set up the account. It is not possible to withdraw money from the account unless both parts agree on it. After the lease you will get the deposit back with interests.

CHECK OUT:
ANKERSTUDENTBOLIG.NO
SIO.NO



REMEMBER TO:

- Read through the contract (we can help you)!
- Be sure your deposit money is put in a proper account!
- Be aware of your rights as a tenant! You are protected by law if your landlord suddenly doubles your rent, decides to kick you out or walks in and out of the apartment without notifying you in advance. Having trouble with your landlord or flat mates? Maybe we can help you out.
- Remember a housing CV

Web pages with accommodation ads

- *Finn.no*
- *Hybel.no*

Student housing

- *Sio.no*
- *Ankerstudentbolig.no*



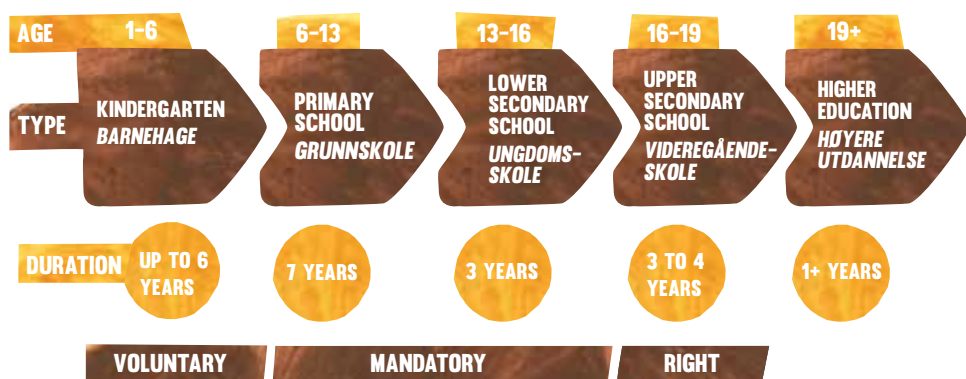




EDUCATION IN NORWAY

The educational system in Norway can be difficult to navigate. It can also be difficult to know where to find information. Hopefully, this chapter will make your first steps a little easier, so that you can focus on what's important: your studies, and trying to understand us weird Norwegians. Remember to drop by the UngInfo-office for more information!

FROM KINDERGARTENS TO UNIVERSITIES:





UPPER SECONDARY EDUCATION: «VIDEREGÅENDE»

After completing ten years of mandatory primary and lower secondary school, students continue with three to four years of upper secondary education. In Norwegian, this education is called “videregående”.

There are two main categories of Upper Secondary Education:

General studies are theoretical programs that normally last three years. They lead to general university admissions certification.

Vocational Education Programs are normally composed of two years in school, followed by two years practical training in a business. After four years in total, students can take a final examination, receive a craft certificate and start working.

Check out vilbli.no for all things related to upper secondary education.

Who is entitled to upper secondary education?

As a general rule, only persons with a valid residence permit to Norway – as well as education equivalent to Norwegian primary and lower secondary education – are entitled to upper secondary education in Norway.

How do I apply?

Go to www.vigo.no for the online application. Check out www.vilbli.no for more general information. You can also contact the admissions office in Oslo with further questions: call (+47) 815 68 440 (12.00 - 15.00).

Over 25?

If you are over 25 years old and haven't already finished a secondary education, you may have a right to attend upper secondary school as adult education. Residence permit and sufficient primary education are requirements here too. In addition, you must turn at least 25 the year you apply. Contact Oslo Adult Education for more information.

CHECK OUT:
VILBLI.NO

CHECK OUT:
VIGO.NO

OSLO ADULT EDUCATION
SERVICE CENTER
KAROLINE KRISTIANSENS
VEI 8 FYRSTIKKTORGET,
HELSEFYR

[OSLOVO.SERVICECENTER@
UDE.OSLO.KOMMUNE.NO](mailto:OSLOVO.SERVICECENTER@UDE.OSLO.KOMMUNE.NO)



HIGHER EDUCATION IN NORWAY

The structure of Norwegian higher education is pretty much similar to what you find in other European countries.

Credits and grading

ECTS Credits: The Norwegian standard credit system is based on the European Credit Transfer and Accumulation System (ECTS). One “studiepoeng” equals one ECTS credit – a full semester’s workload consists of 30 ECTS credits. One academic year consists of two semesters: that’s 60 ECTS credits.

Grading: The Norwegian grading scale is a descending scale with letter values: A is the best grade, E is the lowest passing grade, and F is fail.

The academic calendar

The Norwegian academic year consists of two semesters. Start and end times vary between schools and study programs, but this is a general rule:

- Fall semester: mid-August – mid-December.
- Spring semester: Early January – mid-June





DEGREE STRUCTURE

One-year program

A one-year program is a free-standing program consisting of 60 ECTS points (one year). It can often be used as part of a Bachelor's degree later on, or simply as a way of finding out more about a particular field of study.

Bachelor's Degree

The Bachelor's Degree normally consists of three years of study, or 180 ECTS credits ("studiepoeng"). This is an undergraduate level degree, which requires completed upper secondary school with general university admissions certification (see below for entry requirements).

Master's Degree

After a completed Bachelor's degree, students have the opportunity to study for a Master's degree (postgraduate studies). Most master's degree programs last two years and consist of 120 ECTS credits.

Some programs are structured as a five year Master's program: Here, you apply as you would to a Bachelor's degree.





THE APPLICATION PROCESS

Admission to Norwegian undergraduate studies is coordinated by the Norwegian Universities and Colleges Admission Service (NUCAS) – in Norwegian: Samordna Opptak. While most international students should apply directly to the institutions they want to study at (see page 40), some are able to apply through NUCAS.

To apply for higher education in Norway through NUCAS, a few requirements need to be fulfilled.

1. Residence permit

NUCAS is a service primarily for people who already hold a valid permanent or temporary residence permit to Norway. But if you are a registered EU/EEA citizen with the other requirements fulfilled – for example that you know Norwegian – you can also apply through NUCAS.

2. General admission requirements

You need to have completed an education that qualifies for admission to higher education. The requirements vary between countries. Generally, education at a higher secondary level (High school or similar) is sufficient – but sometimes you also need to have completed at least one year of higher education. Check the rules for your country at samordnaopptak.no.

3. Sufficient Norwegian and English proficiency

To apply for a higher education via NUCAS, you need to have some Norwegian and English skills. The Norwegian requirement may be covered in several ways – for instance by a written test (Bergenstesten) or an examination in Norwegian for foreign students at a university.

English may be covered by a TOEFL-test, IELTS-test or similar. It is also possible to cover the requirement if you have finished one year of university studies in an English speaking country.

CHECK OUT:
FOLKEUNIVERSITETET
FU.NO
UNIVERSITY OF OSLO
UIO.NO



4. Documentation

You need to be able to document your education and relevant language requirements.

If you have the formal requirements in order, you can apply through NUCAS. Your experience and grades will determine whether or not you get admitted to a given study program.

People from the Nordic countries have the same study rights as Norwegian citizens – and should also apply through NUCAS. For Nordic citizens, no language requirements apply.

APPLICATION DEADLINE

*1st of
March*

International applicants who apply at samordnaopptak.no

Nordic citizens have the same deadline as Norwegian citizens

*15th of
April*

CHECK OUT:
SAMORDNAOPPTAK.NO
FOR MORE INFO



INTERNATIONAL STUDENTS

Non-Norwegian speaking students from outside the Nordic countries should apply directly to the school or institution they want to study at. The entry requirements differ between schools, but as a minimum, you should have completed upper secondary education from your home country. Depending on your country of origin, one or two years of higher education could also be required. See the GSU-list at nokut.no for your country's specific requirements.

Student residence permit

After you have been admitted to a Norwegian university, you can apply for a student residence permit. There are different approaches, depending on where you're from:

- Nordic citizens do not need a residence permit
- EU/EEA citizens do not have to apply for a permit, as long as they register with the police. Start the registration at selfservice.udi.no.
- Citizens from outside the EU should apply for a permit from their home country – that is, before they arrive in Norway.

Here, too, some rules apply. Importantly, you already need to be admitted to an institution; you need to have a place to live (documented with a lease copy); and you need documented subsistence. That means, you have to show that you can afford to stay here and study. For the year 2013-2014, the minimum amount you need to document is NOK 94.400.

Who to contact

Both the University and University College in Oslo have information services for international students. Contact them with any questions you may have about the institutions.

UiO: International Student Reception. international@admin.uio.no. (+47) 22 85 82 00

HiOA: The International Office. international@hioa.no

FOR MORE INFO:
STUDYINNORWAY.COM
UDI.NO



Recognition of foreign higher education

NOKUT – the Norwegian Agency for Quality Assurance in Education is responsible for the recognition of foreign higher education.

For professions not regulated by Norwegian law, you can apply for NOKUT's general recognition. This can be useful when applying for jobs in Norway, as an aid in salary placements etc. This recognition, however, is not mandatory for working in such professions – it is up to each employer if they want to hire you. Most professions in Norway are unregulated.

If you wish to work in a law-regulated profession, you need an authorization from the relevant authority before you start working. Health personnel, lawyers and real estate agents are examples of professions requiring recognition. Different professions have different authorization offices – see the NOKUT webpage for a full overview.

FOR MORE INFO ABOUT
BOTH CATEGORIES GO
TO [NOKUT.NO](https://nokut.no)

Norwegian State Educational Loan Fund (Lånekassen)

As a rule, only Norwegian citizens are entitled to financial support from the Norwegian State Educational Loan Fund. However, there are a few exemptions from this rule. For example, support can be granted to people with an asylum in Norway, people who are married to Norwegian citizens, and people who have already completed at least three years of education in Norway. You will find more information at lanekassen.no.

CHECK OUT:
[LANEKASSEN.NO](https://lanekassen.no)



STUDENT LIFE IN OSLO

Oslo is home to over 60 000 students – as a student here, you are not alone. The first service you need to know about is the student welfare organization, SiO. They provide student housing and kindergartens; they run a lot of student cafeterias, offer counseling, career advice, health services – the list goes on. And their gym membership is probably your cheapest option if you are a student. Odds are if you run into any challenges during your studies, SiO may be able to help you.

On a more social note, joining a student association can be a good idea. The Norwegian Student Society is situated at the brutal-beautiful Chateau Neuf, close to Majorstuen Metro station. A membership here gives you discounts in their bars, reduced cover charge at events – and not least the opportunity to become a volunteer in one of the many student associations. This can be a great way to meet people, practice Norwegian – and have fun at the same time.



CHECK OUT:
THE STUDENT WELFARE
ORGANIZATION
SIO.NO

THE NORWEGIAN
STUDENT SOCIETY
DNS.NO
AT CHATEAU NEUF,
MAJORSTUA





HEALTH

Where do I find a doctor? What does medical care cost in Norway? What about health insurance? It can be confusing to find your way in the Norwegian healthcare system. Here you will find introductory information about where to get medical aid.



EMERGENCY

Anyone in need of emergency healthcare will receive care. In life-threatening situations, call 113 for ambulance assistance. Otherwise this is where you can go:

- The emergency ward at Storgata 40 is always open. At night (22.00-08.00) only major ailments will be treated.
- The emergency ward at Aker hospital (Legevakt Aker, Trondheimsveien 235 building 4) is open weekdays 16.00-22.30 and weekends/holidays 10.00-22.30.

When you visit the emergency ward, the price rates are determined by the government. For example, a standard consultation, can cost between 130,- and 300,- depending on what treatment you need. Remember that the prices are higher if you are from a country without a social security agreement with Norway.

NOT SO URGENT

If you do not have a primary doctor (also known as a regular general practitioner or regular GP), you can go to the emergency ward at Storgata 40 or Aker hospital, but be prepared for a couple of hours in the waiting room. If you need a specialist, you must be referred by a general physician – either your personal doctor or another general physician that have been consulting you.

Private healthcare

For treatment in a private clinic which does not have an arrangement with the public health system, you have to pay the full cost yourself.



Regular General Practitioner (regular GP)

You are entitled to a regular GP if you are either a resident in a Norwegian municipality, registered in the Population Register or are an (not-rejected) asylum seeker. Call the Regular GP Line (Fastlegetelefonen) on (+47) 810 59 500 if you have further questions concerning the general practitioner system.

What does it cost? Medical services in Norway are highly subsidized by the government through taxes, but you have to pay a small fee when you visit your regular GP. A standard consultation can cost between 130 and 300 NOK.

FREE HEALTHCARE SERVICES

Sex og Samfunn

Sex og Samfunn is a center for sexual and reproductive health for young adults. It is open from Monday to Thursday for everyone under the age of 25. You can get free consultations on drop-ins Monday to Thursday 16.00 to 20.00. You can also book an appointment on (+47) 22 99 39 00, the line is open Monday to Friday 09.00 to 15.00. Address: Trondheimsveien 2, building B.

SEX OG SAMFUNN OPENING HOURS:

**DROP-INS MONDAY
TO THURSDAY 16.00
- 20.00**

Health center for lesbian, gay, bisexual and transgender youth.

This is a free service for people between 13 and 30 years old. This is the place to go if you want someone to talk about body, gender, identity, sexuality, love and how you define yourself. You can also test yourself for sexually transmitted diseases and take quick HIV-tests. Address: Mailundveien 23. Opening hours: Wednesdays from 16.00 to 19.00 for drop-in. Book an appointment on weekdays from 08.00 to 17.00

HEALTH CENTER FOR LESBIAN, GAY, BISEXUAL AND TRANSGENDER YOUTH

**OPENING HOURS:
WEDNESDAYS FROM
16.00 TO 19.00 FOR
DROP-IN. BOOK AN
APPOINTMENT ON
WEEKDAYS FROM
08.00 TO 17.00**

Health center for people between 13 and 23 years - HFU

HFU is a free healthcare service for young people. There is at least one health center in each district, and the age limit may vary. Most clinics are for young people between 13 and 23



years. You can talk with nurses, psychologists and physicians in full confidentiality. Do you need information on addresses to your nearest HFU? Come to UngInfo and we can help you out or you can check out oslo.kommune.no.

The National Insurance Scheme- Folketrygden

In Norway, the public social insurance scheme is called Folketrygden. Its purpose is to provide financial security by ensuring income and to compensate for special expenses during unemployment, maternity, illness and so on. To be entitled the benefits under the National Insurance Act, it is a condition that you are a member of Folketrygden. The membership is based on either residence or employment. This will entitle you to services from NAV and medical care.

HEALTHCARE COVERAGE FOR NON-CITIZENS

General rule: Anyone staying in Norway for less than 3 months must have insurance from his or her own country. If you are from one of the Nordic countries, you are entitled to coverage of medical expenses in cases where immediate medical attention is needed. Register in the Population Registry (Folkeregisteret) if you will be living in Norway for more than 6 months.

Citizens from EEA-countries or Switzerland are entitled to health services on an equal basis with other Norwegian residents. This means that you are charged with the same rates when you pay for doctor, hospital, and medications.

Are you a citizen from a non-EU/EEA country? If the duration of your stay in Norway is between 3 and 12 months you should apply for membership of the Norwegian National Insurance Scheme upon arrival in Norway. Fill out the application form and return it to your local social security office (NAV). How you are covered depends on what social security agreements Norway has with your home country. The purpose of the agreement is often to ensure that as a citizen of one country you are treated equally with citizens of the other country when you are working or residing there.

**CHECK OUT:
WORKINNORWAY.NO
FOR MORE
INFORMATION ON
WHAT AGREEMENTS
YOUR COUNTRY HAS
WITH NORWAY.**



GOOD TO KNOW ABOUT OSLO

TIPS AND TRICKS

Well done. You've made your way through our booklet, and hopefully survived the worst bureaucracy and hassle around your first encounter with Oslo already. Now, it's time to give you some last, helpful tips and advice along the way.

USEFUL RESOURCES

Emergency telephone numbers

An emergency has happened. Who can you call?



FIRE 110 POLICE 112 AMBULANCE 113

Memorize these numbers. You might need them one day.

Set up a bank account

In order to receive your salary, you need a Norwegian bank account. Normally, you need a D-number or personal ID-number before you set up an account. See the chapter New in Oslo for info about how to get such a number.

- Go to a bank office of your choice. Bring your passport, a passport photo and documentation that you have a D-number or personal ID-number. You should also bring your employment contract: while not strictly mandatory, many banks could ask for this when you open an account.
- Sign the account agreement at the bank.

You will receive your bank card, account information and PIN-code by mail.

The Library

The public library in Oslo is called Deichmanske bibliotek, and has branches all over town.

THE MAIN DEPARTMENT
IS IN THE CENTER OF
OSLO:

ARNE GARBORGS
PLASS 4
0179 OSLO
DEICHMAN.NO

GOOD TO KNOW
ABOUT OSLO



Public transportation

Ruter runs the public transport system in Oslo. Ruter tickets are valid for all trams, subways, buses, boats and trains within Oslo. If you travel quite frequently, it might be a good idea to buy a monthly ticket. It costs 650 NOK for adults – 390 for students – for unlimited travel within 30 days. And try to avoid buying tickets onboard, this is more expensive. Tickets can be bought at Ruter ticket machines, Narvesen, 7-11, Deli de Luca and some grocery stores.

PUBLIC TRANSPORT:
RUTER.NO



MORE ABOUT BIKES:
BYSYKLER.NO

City bikes

Maybe you've seen them already: Oslo is full of blue bikes. These are city bikes, and are available to everyone who has purchased a subscription. The prices are not that frightening: a subscription card costs around 100 NOK for a whole bike season. (Normally between April and November, depending on the weather) You will receive the card in the mail, so it is important that you have access to a post address in Oslo.

With this card, you can pick up a bike from any one of the bike stands. Just be sure to return your bike to a stand within 3 hours.



MORE ABOUT SKIING:
OSLOVINTERPARK.NO

Ski rental

When in Oslo, you'll sooner or later feel the urge to go skiing. You don't have to spend big bucks on ski equipment: there are plenty of ski rentals around. One of the most convenient rentals is located at Tryvann. The rental is part of a ski area called Oslo Vinterpark, which features downhill slopes, lifts and cafes in addition to ski rentals. Take the Metro line 1 to Voksenkollen, from there you can hop on a bus or walk the rest of the way. At Tryvann, you can rent everything from cross country skis and slalom equipment to snowboards.



GOOD TO KNOW
ABOUT OSLO

Learning Norwegian

If you want to learn Norwegian there are a few ways to go about. One thing you need to consider is price. Norwegian lessons at a private institution may be a bit pricey, but could absolutely be worth the price. Other options are cheaper, and for some it can even be free.

One of the largest private institutions is Folkeuniversitetet: www.fu.no. They offer a wide variety of classes: prices run from NOK 3000 upwards, depending on the number of hours.

AOF offers language courses not only in Oslo, but all over Norway. See www.aof.no.

Oslo Adult Education is part of the public school system in Oslo. It offers Norwegian courses to immigrants with a valid residence permit to Norway. Prices run from around NOK 2000 to 15 000, depending on the number of hours, class size etc. The most expensive courses are also quite comprehensive: you get up to 30 hours a week for 7 weeks.

Applicants should visit Oslo Adult Education Service Center for registration. Bring your residence permit and ID. The center is close to Helsfyr Metro station, at Karoline Kristiansens vei 8.

Some immigrants have a right to free Norwegian courses at the adult education: mainly persons who have been granted asylum in Norway, humanitarian refugees and so on. You can find more information at udi.no.

CHECK OUT:
FU.NO

CHECK OUT:
AOF.NO

CHECK OUT:
OSLOVO.NO

CHECK OUT:
AOF.NO

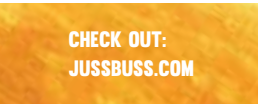


GOOD TO KNOW
ABOUT OSLO

FREE LEGAL ASSISTANCE IN INDIVIDUAL CASES

Juss-buss

Juss-Buss is run by law students. Contact Juss-Buss on their phone number 22 84 29 00 or meet up at their office in Arbinsgate 6. Opening hours: Monday 10.00 to 15.00, Thursday 17.00 to 20.00 Bring all documents that may be relevant to the case.



CHECK OUT:
JUSSBUSS.COM

Rettshjelpsentralen

Accepts new cases by telephone or in person every Wednesday during opening hours 17.00 to 19.00. Bring relevant documents! Address: St. Hanshaugen Frivilligsentral, Ullevålsveien 39. Phone number: (+47) 22 69 86 10.

Fri rettshjelp

Public legal advisory for residents in Oslo and surrounding areas. Whether or not you can be granted free legal aid depends on your income. Open Monday to Thursday 8.00 to 19.00, Friday 08:00 to 15.30. Also open during evenings 16.00 to 19.00. For more information contact on (+47) 23 48 79 00, frirettshjelp@sby.oslo.kommune.no or meet up at their offices in Storgata 19. Remember to bring case documents.



CHECK OUT:
FRIRETTSHJELP.NO



5 things to do in Oslo

Oslo is not just forms and applications and residence permits. Oslo can also be fun. Your opportunities are (almost) endless; it can be difficult to know where to start. Let's start you off with this list of 5 things to do in Oslo:

1. *The Corkscrew (Korketrekkeren)*

How about some serious winter fun? This two-kilometer sled run features an elevation drop of 255 meters. Adrenaline guaranteed. Take the Metro to Frognerstøien, rent a sled (80-100 NOK per day), and start sledding. The sled run ends at Midtstuen station – just hop on the Metro for another run.

2. *Island hopping*

The Oslo fjord is packed with islands, which happen to make the perfect summer getaway. They are easily reached by boat on a normal public transport ticket. Go for a picnic on Gressholmen, check out the ruins of a Cisterian monastery on Hovedøya or go camping on Langøyene. All boats leave from Vippetangen.

3. *City Sunday*

Not all Osloers run out in the wild as soon as they get the chance. Some prefer lazy Sundays in the city. How about some cultural refill? All the national museums (the national gallery, the museum of contemporary art, architecture, and decorative arts and design) offer free entrance on Sundays. Go see Norwegian classics at the national gallery, but be sure to check out the other museums as well: Hit one museum each Sunday, and you have your next four weekends covered. See nasjonalmuseet.no.

CHECK OUT:
NASJONALMUSEET.NO

4. Oslomarka

Norwegians are crazy about nature – Osloers are no exceptions. If you ask people in Oslo why they live here, more than half would probably answer “because of the nature”. Keep in mind; this is the largest city in Norway. Still, the best part about the city seems to be how easy it is to get out of it.

Truth is, though: the nature surrounding Oslo is really amazing. We call the forested areas “Marka”, which in Norwegian simply means something like, well, “forested area”. Go skiing in the winter and hiking in the summer. One good starting point is the Metro stop Sognsvann, just 20 minutes from Oslo S.

5. Coffee Craze

Some say that Oslo has the best coffee in the world – and who are we to disagree. Norwegians are particularly eager coffee drinkers. While black coffee may be trendy at the moment, this has always been the drink of choice for generations of Norwegians. And we love to spend some hours in good company over a cup of coffee. Invite someone home, or go to a café. You’ll get a decent cup almost anywhere, but a few places serve truly exceptional ones. Lounge in vintage furniture at Fuglen in Pilestredet. St. Hanshaugen’s sleek Java is a neighbourhood favorite. You’ll find one of the best coffee bars in the world, Tim Wendelboe, at Grünerløkka.

For a more authentic take on the Norwegian black “traktekaffe” coffee, stop by the UngInfo office at Møllergata 3. While our coffee probably wouldn’t win any awards, it’s completely free!



MEETING PEOPLE

One of the biggest challenges when moving to a new town (and a new country) can be how to get to know people. And just to be clear: The perception of Norwegians as a reserved and introvert people is probably exaggerated. We are not as forthcoming as your average American, but are nonetheless friendly and open-minded. Here are a few tips for meeting people, be it Norwegians or fellow foreigners.

Go out

It is a well-known myth that Norwegians are at their most approachable after a few units of alcohol. We wouldn't encourage anyone to take part in the ugly binge-drinking that can be observed in the streets of Oslo on Saturday nights – but if you want to meet people who want to meet people, you should definitely hit the town every once in a while. Luckily, Oslo is packed with cafes, bars and clubs – from posh scenes around Solli plass, via crowded bars at Grünerløkka, to a variety of clubs and bars around Youngstorget.

Take initiative

As mentioned, Norwegians may come across as somewhat reserved. This does not mean that we don't want you to approach us! If you have the guts to start talking to us, you will find that the rest of the conversation runs smoothly. While this probably works better at a bar than on a bus, you should definitely not be afraid of bothering anyone.

Be engaged



This is probably the best tip of all. Be engaged with something you care about, and friendships and contacts come automatically. Join a student association. Sing in a choir. Take dancing lessons or join a sports team. It's not important what you do, as long as you like it. The opportunities are plenty – use them! For more tips and information about activities and happenings in Oslo, visit us at the UngInfo office.



LAST WORDS

Moving to a new city is never easy. The list of things you have to fix or figure out might seem to never stop growing. But, with the right focus and flow, you will be settled in Oslo before you know it.

In this guide we have tried to outline the most basic steps and precautions you must take when arriving. If you meet some sort of trouble in your process – do not hesitate to ask the different institutions for help. Even though they do not announce it, they often help or answer you in some fashion. Also, you can visit us. As long as you are under 27 (which is our age limit) we are glad to help you out for free. We can look over your CV, give you advice, assist you in whatever way we can.

*In the meantime: Welcome to the city.
We hope you like it here.*

