Job-seeking in Norway

Information for EU/EEA citizens

Job-seeking from abroad:

European Employment Services (EURES)[1]

- Contact EURES in your home country for more information about Norway.
- Visit the EURES web sites: eures.europa.eu og nav.no/englisheures

Job vacancies on the Internet

- In Norway the majority of job vacancies are advertised on the Internet.
  - nav.no Vacancies in English
  - eures.europa.eu

NAV Callcentre EURES

- Gives you information about job vacancies over the telephone. It will be an advantage to know where in Norway you wish to look for work and what kind of job you would like before contacting NAV.
  - Tel.: +47 800 33 166
  - E-mail: eures@nav.no

Job-seeking in Norway:

NAV

- The employment service in Norway is called "NAV"
- NAV's local offices offer job listings, PC/Internet, telephone/fax and photocopying for use in job-seeking.
- You have the right to register as a job-seeker with NAV.

Contacting companies directly

- You can register with private temping and recruitment agencies. To locate these, see gulesider.no (Search for "recruitment services" ("rekruttering")).
- Feel free to contact companies directly by e-mail or phone. You can also send an open application, with your CV and references.

Recognition of foreign qualifications

- See nokut.no/en
- See sak.no in English (for health personnel)

General information:

If you intend to work in Norway for more than three months, you will need to register with the police. You can register electronically via the website selfservice.udi.no. Then you must present yourself at the nearest police station at your Norwegian place of residence or at one of the Service Centres for Foreign workers, see sua.no/en.

- The majority of Norwegian employers require proficiency in a **Scandinavian language or at least in English**. For more information about Norwegian language training, contact the local authority at your Norwegian place of residence.

- If you work for a Norwegian employer in Norway you are entitled to the same **pay** and the same terms of employment as Norwegians. For more information about rights, see arbeidstilsynet.no in English, tel.: (+47) 815 48 222

- Once you are employed in Norway you will need a 'skattekort' (tax deduction card) and a personal ID number or a D number. Contact the nearest tax office at your Norwegian place of residence or the Service centre for foreign workers in Oslo. See skatteetaten.no in English or taxnorway.no. Tel.: 800 80 000 or +47 22 07 70 00 from abroad.

- For further information about job-seeking and living and working conditions in Norway, see nav.no/englisheures.

1) EURES (EURopean Employment Services) is a network of labour market authorities in all the countries belonging to the EEA that promotes the mobility of labour.