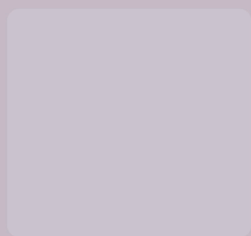




OSLO

Memory Guide

New
move
admin.



1

Start your visa process

People from the EU/EEA have it pretty easy:

If you have a signed contract to start a job in Norway, just come on over! You don't need a special permit or visa.

People from outside the EU/EEA have a tougher time:

You need to **apply for a work visa** and wait for it to be granted before you can move over. It includes your entry visa to Norway, which lets you to start working.

How to apply

Everything you need to know about applying can be found [here](#).



You apply via the Norwegian Embassy of your home country, and it usually takes around **two months** to be processed.

While your company can apply for your work visa, it requires fiddly extra documents (namely, Power of Attorney).

2

Apply for an ID number

Once you're on Norwegian soil, apply for your D number and tax deduction card.

You can apply for both at the same time:

- Download your application forms [here](#)
- Submit them in-person at your local tax office

Remember to bring all your supporting documents! (Usually a passport and signed employment contract).

Note: you need a place to stay in Norway to apply for any documents. It doesn't have to be permanent (and you can change the address later), but it can't be a hotel or AirBnB.

3

Register with the police

Once you've got your temporary D number through the post, book a meeting with the UDI police department for foreigners in Oslo to **apply for a permanent ID number**.

You can find all the forms and document checklists [here](#).

4

Get a bank account

There are a fair few to choose from, like Nordea, DNB and Sbanken.



Most Norwegian banks have offers for foreigners, but only DNB offer everything in English.

You'll need an ID number to open an account. The whole process can take up to **six weeks**, so we recommend applying in-person to speed things up!

Get a BankID

Apply for this once you've opened your account. It acts as a universal electronic signature letting you access all online services – like booking GP appointments!

Get the Vipps app

Mobile pay is king in Oslo. The leading app *Vipps* lets you make payments to other people just using their mobile number. Ideal for splitting a dinner with friends!

One catch: you'll need a permanent ID to use it.

5

Get an apartment

It's a big one and very important to get right, so we've devoted the whole **next section** to it!



6

Register with a GP

You can access Norwegian healthcare with a D number or permanent ID number.

With a D number: search your local area for a good GP and sign up as a patient. You can usually do this online, but you may need to visit their practice in-person.



With a permanent ID: you'll automatically be assigned a GP close to your address. All the details of their practice will be emailed to you.