

EURES

Living and Working in Norway

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NAV EURES Norway

EURES

Geography

- Population 5.000.000 (Mar. 2012)
- Immigrants: 600,000
- Capital Oslo
- 19 counties
- Biggest cities:

Trondheim 180 000

Bergen 270 000

Stavanger 235 000

Oslo 625 000

Kristiansand 83 500

Counties shown: Svalbard, Finnmark, Troms, Nordland, Nord-Trøndelag, Sør-Trøndelag, More og Romsdal, Oppland, Hedmark, Sogn og Fjordane, Hordaland, Buskerud, Akershus, Telemark, Østfold, Vest-Agder, Aust-Agder, Rogaland, Vestfold.



Norway

- Length 1750 km
- 432 km at the widest, 6 km at the narrowest
- 25,148 kms of coastline
- 7th largest in Europe
- 16 persons per km²



Norway

- Currency Norwegian kroner, NOK
- Constitutional monarchy, King Harald V
- Prime Minister Jens Stoltenberg
- Centre-Left Coalition government



€ 1 = NOK 7,50





Characteristics

- -30° to +30°C
- Bright summers/Midnight Sun
- Dark winters/Polar Night
 - Northern Lights (aurora borealis)
- Natural variety
- Outdoor culture
- High standard of living
- Extensive welfare system
- Safe working conditions





NAV EURES

- Labour and Welfare Administration
 - Job Centre
 - National Insurance
 - Welfare office



- EUROpean Employment Services
 - Advisors in 31 countries
 - Job market and job search
 - Living and working
 - Recruitment assistance



- www.nav.no
- www.nav.no/eures



Language

Dictionaries and e-learning tools available:

- www.ntnu.edu/now/intro (FREE online Norwegian course)
- www.migranorsk.no (web-based course)
- www.lexin.no (dictionary)
- www.dialang.org (language test)
- <http://steinpastein.cappelen.no> (language question paper)
- www.nyinorge.no (Norway “handbook”)
- Book/CD courses available from FNAC
- www.fagbokforlaget.no (web-based course called “Min Vei”). Gives Norwegian tuition up to the level of B1.



Right of residence

- Registration required within 3 months at the local police station , or as soon as you have received a job contract.
- When you have a job contract you must register online at <https://selfservice.udi.no/>, print out and bring it with you to the local police station or to SUA (www.sua.no). Also bring:
 - ID-card/passport
 - A document of your place of residence (lease)
 - Job contract
- You can stay in Norway for 6 months as a jobseeker. Register online at <https://selfservice.udi.no/>

Read more information on www.udi.no



SHORTAGES

- Companies and institutions need:
 - Engineers (especially mechanical, electro, automation, hydraulic, piping engineers)
 - Pre-school educators and assistants
 - Teachers (especially in science subjects and maths)
 - Medical doctors, nurses
 - Clinical psychologists
 - Bus drivers (in certain regions), taxi drivers
 - Cooks and waiters



Most needed engineers

- Petroleum engineers
- Subsea engineers
- Drilling engineers
- Piping engineers
- Mechanical engineers
- Hydraulic engineers
- Naval Architects
- Structural engineers
- Machine design engineers
- Electrical engineers
- Stress analysts
- Steel calculation
- Electronic and computer engineers
- Instrument engineers
- Automation engineers
- Mechatronics/robotics

No demand for environmental engineers and chemical engineers

**No demand for Civil engineers with no experience with steel structures
Whom cannot speak Norwegian.**



COMPANIES NEEDING ENGINEERS

- www.oilcareers.com
- <http://offshore.no/international/>
- www.petrojobb.no
- Aker Solutions (akersolutions.com)
- FMC Technologies (fmctechnologies.com)
- Statoil (www.statoil.com)
- National Oilwell Varco (www.nov.com)
- Kvaerner (www.kvaerner.com)
- Kongsberg Gruppen (www.kongsberg.com)
- Aibel (www.aibel.com)
- Roxar (www.roxar.no)
- Fabricom (www.fabricom.no)
- Subsea7 (www.subsea7.com)
- www.nodeproject.no
(business cluster – 57 companies)
- Norway's 500 biggest companies
www.norgesstorstedrifter.no
- Nortrade, the trade portal, by sectors
www.nortrade.com

Links to companies: Norwegian Oil and Gas Association



Working Conditions

- Written contract
- 3-6 months probationary period
- Salary paid once a month
- Employer draws tax from your monthly pay
- 37,5 working hours per week
- Shift workers have 35,5 hours working week.
- Maximum 40 hours per week.



Working Conditions

- Holiday: 25 working days per year
- 30 days for employees over the age of 60
- Holiday pay normally paid out in the month of June
- Holiday pay 12% of gross pay for trade union members
- 10,2% for non trade union members.
- The working environment act. www.arbeidstilsynet.no (available in English)
- Obligatory written work contract



Salaries

- The average wage in Norway is among the highest in Europe
- Average monthly salary NOK 36,700 (€ 4588)
- The 10% best paid average NOK 71,400 (€ 8925) per month
- The 10% least paid average NOK 20,600 (€ 2575) per month
- The average salary in the oil and gas sector is NOK 59,700 (7436) per month
- No minimum salaries, but collective agreements by sector
- Wage negotiations once a year (in April-May) between the Trade Unions and the Norwegian Employers' Confederation



What do you get for your wages?

- Prices for foodstuffs are on average 62% higher in Norway compared with the average prices in EU-countries. Milk, cheese, eggs and meat are 65% more expensive in Norway compared with the average in Europe.
- Fish and other seafood are not so expensive.
- 6 hours' work = 1 week's supply of food
- How Norwegians spend their salary:
 - housing, electric etc. 27%
 - public transport, car 20%
 - food & household goods 18%
 - culture, leisure 12%
- UNDP: Norway highest score for income, duration of life, and living conditions.
- Planning your Budget? www.sifo.no



Taxes

- If you work in Norway for a Norwegian employer, you pay income tax to Norway
- Average income tax is 28% (24.5%)
- The National Insurance contribution is 7.8% of gross salary.
- Deductions!
 - EU citizens are entitled to a deduction called "standardfradrag" in the two first years (10% or max NOK 40,000 per year)
 - House mortgage or debts etc. increase your deductions
- Tax return form submitted every year in April



Average Prices

	NOK	EUR		NOK	EUR
Bread, 750 g	25	3,25	Big Mac menu, large	85	10,63
Milk, 1l	15	1,90	CD	170	21,25
Butter, 250 g	17	2,20	Cinema ticket	90	11,25
Cheese, 1 kg	84	10,90	Newspaper	15	1,95
Beer, 0,33 l	17	2,20	Magazine	59	7,38
Coffee, 250 g	18	2,33	Chocolate, Mars	12,50	1,56
Potatoes, 1 kg	14	1,20	Hair cut, women	450	56,25
Coca Cola, 1,5 l	23	2,99	Hair cut, men	400	50
Beef, 1 kg	225	29,25	Bus ticket, Oslo	25	3,13
Sausage, 1 kg	100	13	Cigarettes, 1 pack	85	10,63
Salmon, 1 kg	80	10,40			
Fresh Shrimps, 1 kg	80	10,40			



Accommodation


- Most Norwegian people own their own house. About 90% of couples living together own their own house/apartment. About 67% of young couples and single parents own their own house/apartment.
- The average rent for a house/apartment is NOK 5500 (€ 715) per month. Oslo and Stavanger are more expensive.
- You can get your own house with a garden for about NOK 2,000,000 to 3,500,000 (€ 260,000-454,000). Prices vary depending on location and size. Exception Oslo and Stavanger.




Homes

Homes on the Internet


- www.finn.no
- www.net.no/boligpriser
- www.eiendomsnett.no
- www.bolignorge.no
- www.meglernett.no
- www.bolignett.no
- www.zett.no
- www.ssb.no (National statistics bureau)



Homes



The screenshot shows the FINN.no website interface. The main navigation bar includes 'Reise', 'Torget', 'Meteplassen', 'Jobb', 'Båt', 'Næringsmarked', 'Tjenester', 'MC', 'Eiendom', 'Kart', 'Bil', and 'Bedrifter'. A prominent yellow button says 'Sett inn annonse'. Below this, there's a section for 'NY TJENESTE Hus- og hyttekatalogen'. The right sidebar features a 'Reiseforslag' section and a 'Nytt forsider på FINN.no' announcement. The top right corner shows the month 'NOVEMBER' and a 'Mariefryd' advertisement.



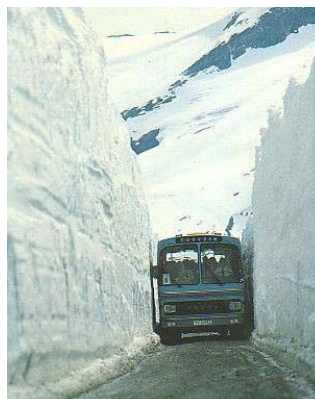
Where to find jobs

- www.nav.no (Norwegian)
- www.nav.no/englisheures (vacancies in English)
- www.finnjobb.no
- www.stillinger.no job portal
- NAV Service Centre Phone: **+47 800 33 166**
– (Mon-Fri 08:00-18:00)
- Contact the EURES Adviser in your area



Arriving in Norway

- Police (Politiet)
www.politi.no
- Tax Office/ National Registry
www.skatteetaten.no
- Bank
- NAV
www.nav.no
Child benefit
Family doctor
Call centre +47 810 33 810
- SUA (www.sua.no)
Service Centre for foreign workers (Oslo and Stavanger)



Web sites of interest

- www.eures.no/english
Portal - living and working in Norway
- www.nav.no
Job data base, national insurance
- www.udi.no
Directorate of Immigration
- www.skatteetaten.no
Tax office
- www.arbeidstilsynet.no
Labour Inspection Authority
- www.toll.no
Customs
- www.nokut.no
The Norwegian Agency for Quality Assurance in Education
- www.safh.no
The Norwegian Registration Authority for Health Personnel

NORTHERN NORWAY



NORWAY - NATURE



WINTER IN NORWAY

