



Refugee in Norway?

To get your residence permit and essential assistance, it is important for you to register with the police. Once registered you will be offered a free place to live and you will be provided for.

Find more information about how to register to get your residence permit, here:



Norway is a safe country to live in, but you can now be in a vulnerable position. For your safety, the police ask that you:

- Do not give your documents or phone to anyone other than the police
- Be cautious about borrowing money from people that you do not know
- Be cautious about accepting transport or accommodation from people who are not from an established organisation or the authorities



For more information about your rights in Norway, follow QR-code. Here you can find information about help if you experience violence, coercion or pressure.