

## Contact

Contact the city district (bydel) where you live  
if you have any questions:

Call **02 180**

City districts

Gamle Oslo  
Grünerløkka  
Sagene  
St. Hanshaugen  
Frogner  
Ullern  
Vestre Aker  
Nordre Aker  
Bjerke  
Grorud  
Stovner  
Alna  
Østensjø  
Nordstrand  
Søndre Nordstrand

Oslo kommune



You can find more information at:

[www.velkommenoslo.no](http://www.velkommenoslo.no)

[www.oslo.kommune.no](http://www.oslo.kommune.no)

[www.udi.no](http://www.udi.no)

## Introductory programme



Refugee and  
Immigrant Office



Refugee and  
Immigrant Office

## What is the introductory programme?

The introductory programme provides instruction in the Norwegian language, work experience and various courses.

This is a full-time studies programme lasting up to two years, where participants are entitled to receive a support benefit (wage).

## What is an individual plan?

A contact person in your city district will cooperate with you on making an individual plan for the period of time you are participating in the programme. An individual plan will show the activities you will need in order to learn Norwegian and obtain a job/pursue an education. The plan is adapted to your needs and future plans.

## Who is entitled to attend the introductory programme?

Refugees between 18 and 55 years of age who are settled in Oslo after 01 September 2003 will generally have the right to attend the introductory programme. You must have been settled here in accordance with an agreement with the UDI (Directorate of Immigration) and the municipalities.

## To be accepted into the programme the participants must have status as either

- Resettlement refugees
- Refugees with political asylum
- Persons with residence on humanitarian grounds
- Persons with collective protection
- Persons who have been reunited with someone from the above-mentioned groups who have been resident here less than five years

## The city district's responsibility

The contact person in your city district will talk with you to help you find the activities that will help you reach your goal.

## Your responsibilities:

- To cooperate on formulating your plan
- To complete the studies/activities in the plan

