



**The  
Information  
Hub**

# Career Guide



# The Norwegian Labor Market

The Norwegian labor market is formed by the working model. This means being an organised labor market with regulations and laws that create rights and obligations for all parts in the working model.

There is a cooperation between employers and employees, trade unions, employees associations and the government. This is what we call "Tripartite cooperation" and "co-determination" in the working model.

The hierarchy is more low than high with short distance and dialogue between employers and employees. Representatives from associations have the right to be involved with contributing in the decision-making processes involving employees working conditions and benefits, and working with trade unions. There is a mutual respect which creates trust between the different parts in the Norwegian labor market.

## Characteristics of the Norwegian Labor Market

- Low unemployment
- High labor force participation
- Strong worker's rights
- Gender equality
- Education and skills development
- Social welfare

Use the information resources to do your own research about the Norwegian labor market.



## Information resources

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

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

# How to get a job

## Tips and advice about how you can get a job in Norway.

1. Collect your documents from your educational background and work experiences. Documents could be diplomas, transcripts and certificates, and work experiences should be confirmations and letters of recommendations. Remember to have it all translated into Norwegian or English by an approved translator.
2. CV (Curriculum Vitae) is more important than a Cover Letter. The CV should not be longer than 2 pages but should be between 1 to 2 pages short. The purpose of the CV is to tell about yourself through descriptions of information about yourself, educational background with diplomas and transcripts, work experiences with skills and certificates, and other skills such as languages and driving courses. Add 2-3 references with personal contact information to them.
3. Contact the employer directly if you want the vacant job position listed while you send your CV and letter. Keep in mind that the letter should not be longer than one page but not shorter than half a page. It should give a short presentation of yourself with a short summary about why you would fit for this job and why you want this job!



### Job portals

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

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

[www.indeed.com](http://www.indeed.com)

[www.ec.europa.eu](http://www.ec.europa.eu)

### The English Job portal

Looking for English Job portal?

Go to [www.moirana.com](http://www.moirana.com)  
to find the **English Job portal**.

Keep in mind that this job portal  
is only available in Mo i Rana.

# Recognition of foreign education

## How to apply for recognition of foreign education

Recognition of education is when you have obtained a foreign education from abroad which is unknown in the Norwegian education system in terms of acquiring this profession in the Norwegian labor market.

### Lists and databases of foreign education

[Find an overview about lists and databases of foreign education here.](#)

### Where to apply for recognition of education

[Find information about recognition of foreign education here.](#)

Remember this only applies to certain professions in terms of education and skills. Check if you have to do it before you apply for it!



### Guidance about recognition of education

Get in contact with [Karrieresenteret](#) in Mo i Rana to receive free guidance about recognition of foreign education.

# Websites and Services

## Information resources about working in Norway

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

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

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

[Labour market information Norway \(Eures\)](#)

## Information resources about working in Mo i Rana and Rana

[Norwegian Labour Market \(Moving to Mo i Rana\)](#)

[Jobs in Mo i Rana \(Moving to Mo i Rana\)](#)

[Business Guide \(Moving to Mo i Rana\)](#)

[Work in Mo i Rana \(moirana.com\)](http://moirana.com)

### Other useful guides

[Moirana.com/migration](http://moirana.com/migration)

[Moving to Mo i Rana](#)