

You have other options



UDI

Utlendingsdirektoratet
Norwegian Directorate
of Immigration

You have other options

Everyone is entitled to a life without fear of violence and threats. If you or your children are being abused, you can be granted a residence permit on an independent basis. You do not have to stay in the relationship because you are afraid of losing your residence permit in Norway.

Who can be granted a residence permit?

- You must hold, or have held, a residence permit in Norway for family immigration with your spouse or cohabitant.
- Your spouse or cohabitant must be Norwegian, a Nordic national, hold a permanent residence permit or a residence permit that can be made permanent.
- You or your child must have been abused by your spouse or cohabitant while you were living together in Norway.
- You must have left your spouse or cohabitant.
- There are no requirements regarding how long you must have stayed in Norway.

What is abuse?

Abuse is to use threats, coercion or violence, or to restrict someone's freedom. Abuse can be physical, emotional or sexual. When we assess whether you have been subjected to abuse, it is relevant to know whether you have been:

- pushed
- pulled by the hair
- hit
- kicked
- threatened (directly or indirectly)
- pressured into sexual acts
- raped
- subjected to other sexual abuse
- controlled
- locked in or out
- denied contact with your family and friends
- banned from moving around freely, for example that you have been banned from participating in Norwegian language tuition
- called bad words
- ignored
- isolated
- denied food
- banned from expressing your opinions

In order to be granted a permit, the incidents must in principle be serious or repeated incidents. If the violence concerns less serious incidents, it must have taken place on several occasions and make up a pattern.

If you have documents describing the abuse or letters from other persons that describe what has happened to you, you can enclose them with your application. However, if you do not have any documents describing the abuse, it is enough that you tell us what you have experienced in an interview when you apply for the permit. It is important that you tell us about everything that you have been subjected to, when and how it happened, and how it has affected you. It is not a requirement that you have reported the abuse to the police.

There are also other types of residence permits

- If you have children in Norway whom you live with or whom you have access rights to, you can apply for family immigration with your child.
- If your marriage is annulled because you have been pressured or forced to marry (forced marriage), it may mean that you are entitled to a residence permit on an independent basis.
- If the person you were granted family immigration with has been granted protection in Norway, it is possible that you already hold a residence permit on an independent basis.
- If you hold a residence card for family members of EU/EEA citizens and you are subjected to abuse, you may be entitled to continued residence in Norway.
- If it is unreasonable to demand that you return to your home country, for example because it is difficult to live there as a divorcee, this may entitle you to a residence permit.
- In very special situations, you may be granted residence on grounds of strong humanitarian considerations.
- If you fear that you will be subjected to violence and abuse in your home country, you can apply for protection (asylum).

For some of these permits, there are also other requirements.

Read more at udi.no/abuse