

Adult basic education (FOV)



IMDi
Integrerings- og
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høyere utdanning
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Did you know that you can get free education to help you get a job or prepare for further education? Adult basic education (FOV) is for those who need education at a level below upper secondary. The education is adapted to your needs and gives you better opportunities in Norway.

Why take FOV?

Access to further education – FOV gives you the qualifications you need to apply for upper secondary education.

More job opportunities – Basic education increases your chances of getting a job.

Improved Norwegian language skills – Improve your language skills, both written and spoken.

New network – Meet others in the same situation and make valuable connections.

What is FOV?

- Free learning for those who need education at a level below upper secondary
- Education that is adapted to your needs

Who can participate?

You can participate if you:

- are over 16 years old
- have legal residence in Norway
- have not completed Norwegian basic education (primary and lower secondary school) or an equivalent
- need more education

How does the education work?

There are five subjects in FOV: Norwegian, social studies, mathematics, natural science and English. The education is divided into modules (levels) and is adapted for adults. To determine which modules you should start with in the different subjects, the school will assess what you already know. If you need to learn Norwegian alongside the other subjects, you will receive training in Norwegian for linguistic minorities.

Want to know more?

You can apply at any time during the year. Contact the adult education center in your municipality for more information and guidance. Your advisor can help you with this.