Leaving Norway?

Your preparation checklist

A departure plan should connect your housing, visits, investment holdings and the timeline you actually intend to follow.

01 Map your move

Record your origin, possible destination, intended dates and who is moving. Note what is decided and what is still open.

02 Record what stays and what changes

List homes, family arrangements, work, accounts, investments and business interests that need attention.

03 Gather the useful records

Keep relevant housing, travel, identity and financial records together. Note missing documents rather than guessing.

04 Prepare your questions

What Norwegian home and travel connections will continue?
Which holdings need a current exit-tax assessment?
What information should I gather before discussing my residency timeline?

05 Choose your next step

Build your free Exit Plan. Order a compiled report or a separately agreed written review only when you want that additional service.

Build your free plan at exitglobal.app/plan/

No card or account needed to start. General planning and preparation; this checklist does not determine tax residency, immigration eligibility or filing obligations. Check current requirements with the relevant authority or adviser.